



THE DARK CLOUD IN MY LIFE

June, 2006 Issue 4

You are feeling hopeless, inadequate, lacking energy, have difficulty concentrating, diminished interest in your life activities and relationships. You may be experiencing depression.

Many gay men experience depression at some point in their lives. Duration, symptoms, and level of intensity vary from person to person. Depression may inhibit your productivity, creativity, enjoyment of life and relationships, and engender negative perceptions of your self, others, and the world.

The good news is...depression is treatable and you can begin to feel better with professional support and care.

You may be asking, why am I depressed? What can cause depression? Will I ever feel normal again? What do I have to do to feel better? These are normal questions; you are not alone.

June and July ezines will talk about depression, give information about some potential causes of depression, and solutions for dealing with depression.

One way to look at depression from a psychological perspective is to explore what "blocks" may be preventing your life, relationships, and work to flow with positive, life enhancing energy. How might the "blocks" be contributing to your depression?

...continued

7 POTENTIAL BLOCKS THAT MAY CAUSE DEPRESSION

1. At some level, guilt, self-judgment and self-attack seem to intrinsically relate to the experience of feeling depressed. Attacking and judging oneself would seem to “depress” your sense of self worth and value, thus making you feel bad.
2. Unresolved loss and grief associated with significant relationship, career, family, financial, phase of life issues.
3. Protracted relationship conflict and stress with family, friends, work colleagues, and/or partner.
4. Confusion, or lack of clarity about the meaning and purpose of your life and identity.
5. Ambivalence about being in an emotionally intimate relationship with someone you are dating or someone that has been in your life for a while.
6. Repressed anger about being gay and having to deal with aspects of a homophobic society, institutions, family members, or others.
7. Biological or physiological issues such as: chemical imbalance, medical issues, or terminal illnesses.

If you are receiving this ezine as a forwarded link and would like to subscribe, please visit my website: www.TherapyForGayMen.com and click on Get Free tips!

In addition, TherapyForGayMen.com offers more information and helpful links.

NEXT ISSUE:

The Break in the Clouds

I'm feeling kind of depressed. It's getting in the way of me enjoying my life and relationships. I want to feel better. What do I have to do? Discovering solutions for dealing with your depression.

Upcoming Issues:

Edgy All Over

I can't relax and enjoy my life. I feel anxious a lot of the time. Is there any way to deal with this problem and feel more peace and relaxation in my life?