



Syracuse Integrative Psychiatry

Comprehensive care. Transformative outcomes.

DEPRESSION DEEP DIVE SERIES: PART 11 OF 12

Weaving the New Myth

Part 11: From Victim to Initiate & Hero

Welcome to Part 11: Weaving the New Myth.

We live by the stories we tell ourselves. Depression often locks us into a "victim story" or a "failure story." As you emerge from the underworld, you are no longer the same person who went down. You need a new myth—a new story that includes your descent as a hero's journey, not a mistake.

"The story you tell yourself about your life is the life you will lead."

1. The Old Story

What is the story your depression has been telling you about who you are? (e.g., "I am broken," "I am too sensitive for this world," "I always mess things up"). Write it down so you can see it clearly.

Reflection:

The old story says...

2. The Initiate's Story

In ancient cultures, a descent into darkness was an initiation. The initiate faced trials, died to their old self, and was reborn with new wisdom. How can you reframe your depression as an initiation? What have you survived? What have you learned?

Reflection:

Rewrite your story from the perspective of a survivor and initiate. "I went down into the darkness because... I faced... And now I am emerging with..."

3. The Meaning of the Wound

Jung spoke of the "Wounded Healer." Your wound is not just a scar; it is an opening. It gives you empathy, depth, and understanding that you didn't have before. How might your wound become a gift to others (or to yourself)?

Reflection:

How has this experience deepened me? What do I understand now that I didn't understand before?