



Psychodynamic Depression Series • Part 13

# Sparking the Engine

Moving from insight to kinetic energy.



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# The Concept

"Action is the antidote to despair." — Joan Baez

We have spent 12 weeks exploring the depths—the unconscious roots, the shadows, the family history. This work is vital. But insight alone does not cure depression. At some point, we must move.

Depression is a state of "freeze." It is a biological shutdown. To break the freeze, we don't need to feel motivated (motivation is a feeling, and feelings are unreliable). We need to take **mechanical action**. We spark the engine manually, and eventually, the feelings catch up.

## 1 The Inertia Check

The Stuck Point

Where is the "freeze" most evident in your life right now? (e.g., getting out of bed, exercising, calling friends).

The Waiting Game

What feeling are you waiting for before you act? (e.g., "I'm waiting to feel energetic").

## The Turning Point

Behavioral Activation

### 1. The 5-Minute Rule

Commit to doing the thing (dishes, walk, writing) for only 5 minutes. Tell yourself: "I can stop after 5 minutes."

Usually, the hardest part is the start. Once the engine is warm, it's easier to keep going.

### 2. Opposite Action

If depression says "stay in bed," the opposite action is "get up." If depression says "isolate," the opposite action is "call a friend." Do not consult your feelings. Consult your values.

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