



Psychodynamic Depression Series • Part 14

## **Reconnecting the Bonds**

Repairing the bridge to the world.

Syracuse

Comprehensive

# The Concept

"Depression is a lonely illness, but it cannot be healed alone."

Depression convinces us that we are a burden. It whispers that no one cares, or that we are too broken to be loved. This is the "Depressive Distortion."

To heal, we must challenge this distortion with data. We must reach out, even when every cell in our body says to withdraw. Connection is the oxygen that reignites the spark of life.

## 1 The Isolation Audit

### The Story

What story does your depression tell you about other people? (e.g., "They are better off without me").

### The Reality

Who has shown up for you in the past? Who might be waiting for a text from you right now?

## The Turning Point

### The Signal Flare

#### 1. Send a Signal

Send one text today. It doesn't have to be deep. Send a meme, a photo of your coffee, or just "Thinking of you." Break the seal of silence.

#### 2. Accept an Offer

If someone asks "How are you?", do not say "Fine." Try saying: "I'm having a slow day," or "I'm hanging in there." Let a tiny bit of the truth be seen. This is how intimacy begins.

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