

# Forum:[Hack Forums](#)

Thread: [Feelings of Persecution: The Capital Crime of Depression](#)

**Purgatory** - July 23, 2024, 8:49 pm

## Feelings of Persecution: The Capital Crime of Depression

Have you ever had Depression? If you answered no; you're lying to yourself. If you said yes; you just took the first step, Accountability. My name is Noah Cartwright, I am 18 years old, and I have struggled with depression virtually my entire life; until now. How do we define depression? Webster's Dictionary defines depression as "A state of feeling sad - low spirits - Melancholy (Merriam-Webster.com Dictionary).

In order to claim an appropriate definition for depression, we must also first acknowledge that depression comes in many different forms: Clinical Depression, Bipolar Disorder, Persistent Depressive Disorder, and even Postpartum Depression. It is my understanding that depression affects individuals differently (Merriam-Webster.com Dictionary). I believe it is important that we work on not encompassing depression into one strongly mischaracterized category. Instead, viewing it knowing that all forms of depression are commonly comorbid with other mental diagnoses. When you're so far down the mental health rabbit hole, you have two choices; stay down, or come back up. What will you choose?

I

A major first step in overcoming depression is acknowledging that you have it. You might ask "how do I know if I have depression?" First and foremost, consult a clinical professional. You can request a Psych Evaluation; an extensive document curated by a Psychologist on your mental health history. A Psychological Evaluation allows for a more accurate diagnosis.

Depression is often either misdiagnosed, or its symptoms are not recognized until it becomes too late (Primary Care Companion for CNS Disorders 2011). The signs of depression are not always prevalent; people think that individuals who are Depressed are always expressive of it. When depression is not treated appropriately, or at all, it turns into this vicious cycle. To most individuals who reach this point - including myself - your options, the decisions you make, and every thought you have feel meaningless.

II

Depression can range in severity from mild to extreme and fatal. When we reach the extreme and fatal point; we go through an entire lifestyle change. We become pessimistic, maybe even misanthropic. Our entire perception of the world and our rooted morals become distorted. I believe our environment has the greatest impact on something known as "maintenance factors". Maintenance factors are the dynamics or circumstances of a matter that perpetuate the feeling of depression, or any unhealthy behavior for that matter. Maintenance factors are not always actively unhealthy behaviors. Oftentimes maintenance factors are our thoughts. What we tell ourselves internally plays an enormous role in whether or not you feel good throughout the day. The lack of a willingness to change, absent motivation, and a lack of set goals being accomplished are all maintenance factors. To put it simply, these are all reasons why you'd still be depressed.

Another reason why you may still be experiencing depressive tendencies can be due to "thinking errors". A thinking error is a cognitive distortion that we may have been taught at a young age, or learned in our adult life. Here are some of the most common thinking errors; minimization, catastrophizing, "distant elephants", and personalization. Thinking errors are far more commonly used than you may think. Have you ever had someone make something that has nothing to do with them, their problem? That is exactly what personalization is! (Psychology Today)

III

According to the National Institute of Mental Health, it is likely that for every 100,000, 14,000 will have committed suicide over the course of a year in the United States (Suicide is a Leading Cause

of Death in the United States). Suicide prevention awareness has always tried to become prevalent. However, particularly in the recent years, suicide prevention seems to have become a taboo topic of discussion. You have probably heard the quote famously spoken by Robin M. Williams, "And remember, suicide is a permanent solution to a temporary problem." Getting rid of suicidal thoughts can be extremely difficult. That is why most would rather follow through with the act as opposed to putting in the work to change it.

As mentioned earlier in the beginning of Section two, I talked about how when we reach the extreme and fatal point in depression, we become pessimistic. Well, that is mostly the reason why so many depressed people commit suicide. I mean, fundamentally; that is the true definition of depression. A chemical imbalance that forces the brain to bring about nihilistic thought processes. Forcing you to continuously tell yourself that nothing is going to change, and that nothing is going to get better. It is critical that all of us must come to terms with and truly understand that we have no absolute control over others' decision to commit suicide with the exception of ourself.

All you can do is plant the seeds of information, and hope and pray that they take that seed and take care of it each day. That is the fundamental purpose of therapy. You can't control whether or not someone changes their behavior or mindset. Therapy and simply providing help to those in need is all about mere influence. Helping someone navigate through the intolerable effects of depression can be a life changing experience.

In conclusion, depression may be something that can tear apart caring families and break off meaningful relationships. Although, it is still something that can be overcome. It is common for depressed individuals to feel as if they are the only person going through it. Moreover, some depressed individuals feel as if someone who they confide in about the depression just won't understand. Seek medical attention if you are struggling with any form of depression. The writings in the essay contain a condensed interpretation of all that I have learned about depression; in hopes to help you.

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**The Pact** - October 24, 2024, 11:01 pm

Not everyone in life experiences clinical depression, or serious depression. I know the year I was 14 I did have it, but I was being beaten up all the time by my mother. Then luckily all I cared about was having friends so even though I had hardly any energy when other girls suggested going swimming with me I went every time and they say exercise is as good as antidepressants.

Thanks for the nice share.

**DashPHP** - October 24, 2024, 11:10 pm

The world has become sad and lonely and more and more people are falling. Social media has expedited this.

For those who generally feel down, eat well, exercise and stay productive.

Thanks for the share, hope you're well OP.

Bless.

**Purgatory** - October 24, 2024, 11:15 pm

(Oct 24, 2024 11:01 PM)The Pact Wrote: [\[CITE\]](#) Not everyone in life experiences clinical depression, or serious depression. I know the year I was 14 I did have it, but I was being beaten up all the time by my mother. Then luckily all I cared about was having friends so even though I had hardly any energy when other girls suggested going swimming with me I went every time and they say exercise is as good as antidepressants.

Thanks for the nice share.

Well, I believe Depression isn't just some feeling; it is a behavior. When you neglect your body or hygienic needs or any basic need for that matter, that is depression. Depression I believe everyone will experience some sort at least once in their life time, it is inevitable. Not to sound like the nihilist but it is true.

(Oct 24, 2024 11:10 PM)DashPHP Wrote: [\[CITE\]](#) The world has become sad and lonely and more and more people are falling. Social media has expedited this.

For those who generally feel down, eat well, exercise and stay productive.

Thanks for the share, hope you're well OP.

Bless.

Am doing much better than when I posted this. I wrote this as a response to the belief that I would commit suicide with my former best friend. I got a girlfriend and my whole world flipped positive. The power and motivation my girl gave me is incredible and almost unbelievable. My friend however, didn't gain that motivation. He never found a way out and just a month ago he committed suicide. It is a damn shame, truly.

**The Pact** - October 24, 2024, 11:26 pm

(Oct 24, 2024 11:15 PM)Purgatory Wrote: [\[CITE\]](#) Well, I believe Depression isn't just some feeling; it is a behavior. When you neglect your body or hygienic needs or any basic need for that matter, that is depression.

Yes, I was like that the year I was 14. I literally just forgot about hygienine being a thing because of the low energy and also I have severe ADHD, but the only time I ever forgot to wash my hair and stuff was just the year I was 14. Being beaten up all the time by your mother is depressing. lol But the other years until I was 17 it was still happening, but I didn't fall into that kind of depression any more because I had friends and was doing so well at school.