

This is a partial excerpt from my book *12 Weeks to Self-Healing: Transforming Pain through Energy Medicine*. In the book you will find several solutions to Self-Healing!

Depression

There are many symptoms of depression, and the intensity and the duration of the symptoms determine the severity of the problem. The range of depression is from mild to severe.

Please take this simple test to see if you suffer from depression symptoms.

Mark the one answer that most closely matches how you have been feeling for the last two weeks or more.

1. I feel sad or unhappy . . .
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Very often
 - E. Most of the time

2. I feel tired, I don't have much energy, I don't do as much as I used to do . . .
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Very often
 - E. Most of the time

3. I am discouraged about my life and my future . . .
 - A. Never
 - B. Rarely

- C. Sometimes
 - D. Very often
 - E. Most of the time
4. I cry or feel like crying . . .
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Very often
 - E. Most of the time
5. I feel uneasy, restless, or irritable.
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Very often
 - E. Most of the time
6. I have trouble sleeping (either sleep more than usual, sleep less than usual, fall asleep and wake up one or two hours early and cannot get back to sleep) . . .
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Very often
 - E. Most of the time
7. My appetite is greater or less than usual . . .
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Very often
 - E. Most of the time
8. I am not as interested in other people or activities as I used to be . . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often
- E. Most of the time

9. I do not feel pleasure in things I used to enjoy. . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often
- E. Most of the time

10. I have lost interest in sex . . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often
- E. Most of the time

11. I have difficulty making decisions . . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often
- E. Most of the time

12. I can no longer concentrate . . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often
- E. Most of the time

13. I feel inadequate, like a failure or worthless . . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often
- E. Most of the time

14. I feel guilty without a rational reason and blame or criticize myself. . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often
- E. Most of the time

15. I have lost confidence in myself and feel that things always go or will go wrong no matter what I do . . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often
- E. Most of the time

16. I feel like I am being punished or expect to be punished. . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often
- E. Most of the time

17. I have suicidal thoughts . . .

- A. Never
- B. Rarely
- C. Sometimes
- D. Very often

E. Most of the time

(If you have suicidal thoughts, even if you don't have a plan, it's imperative that you contact a local medical doctor or mental health professional.)

If you checked "Very often," "Most of the time," or "Sometimes" in several of these questions, you are at risk for Depression or Dysthymic Disorder. Dysthymia is a low-grade depression lasting for at least two years during which you experience symptoms similar to those of depression, but do not have major depression. If you are depressed you may feel powerless and resist asking for help. It is important to ask a friend to help you if you cannot reach out and make an appointment with a counselor or see your doctor. They can help!

Disclaimer:

This preliminary screening test for depressive symptoms does not replace, in any manner, a formal psychiatric evaluation. It is designed to give a preliminary idea about the presence of depressive symptoms.

