

THE
DEPRESSION
Warriors



Also by Sarahdawn Tunis

Angel Numbers Mastery:
Everything You Need to Know About Angel Numbers and What
They Mean for You

THE
DEPRESSION
Warriors



BOOK ONE

From Pacifist to Warrior

SARAHDAWN TUNIS

Good Vibes Publishing, LLC
Lakewood, Colorado

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To all my clients who have entrusted and honored me with their stories and secrets. You are my inspiration and I am eternally grateful. Thank you for taking this journey with me.

and

To my children who have supported me with unwavering faith throughout everything we have endured together. You have given me confidence and a reason to take each breath. I love you so much!

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INTRODUCTION

This book is about beginning a journey. A journey of healing something that may have been plaguing you for a while now. *Depression.* Those of us who have depression know it is something we so desperately want to rid ourselves of. But for some unknown reason, no matter what we do, no matter how hard we try – it always finds its way into our being.

Depression has a way of creeping into our lives. It slithers into every thought quietly, steadily, and with the stealth of a ninja. Blackened and camouflaged in our surroundings, giving us no real hope of ever seeing it come our way. Even during our best and happiest days, the darkness looms and threatens our peace. And once the darkness touches us, it is consuming. Our thoughts change, our feelings change, we become different people, and we hate ourselves.

But we are stuck. We become trapped and fully immersed in the

darkness. As if we are drowning in a deep dark pit, struggling to keep our heads above thick and blackened water. The darkness relentlessly pulls at us until we are completely submerged in our darkest thoughts and negativity. The darkness pulls us deeper and deeper into that pit until we are so consumed by pain, contempt, and shame that we can see nothing else.

Attempts to crawl out of this hole are often useless and excruciating, making it easier to surrender and accept our fate of being helpless, worthless, and lost. And so, we let ourselves sink to the bottom of that pit, indefinitely crushed beneath the weight of hopelessness.

Such a description may sound like the script for a bad horror movie, but it is the reality people with depression often face. It was my reality for many years. And that is the reason I have written this book. Because I can't stand the thought of anyone living, feeling, or thinking about themselves the way we do when depressed. You are so much more, and you deserve so much more.

Have you spent years suffering from depression, seeing doctors, and going through therapy and treatments yet never feeling a sense of happiness or contentment? Do you feel worthless, like a failure, and that your loved ones and those around you would be better off without you? Do you feel powerless to do anything about feeling better and changing your life, as if there is something fundamentally wrong with you?

If so, you are not alone. I, and many others, have also struggled with these feelings. Up until a few years ago, those thoughts and feelings dominated my life. I felt powerless, helpless, and useless in my own skin. I believed my only option was to surrender to the darkness and despair. And accept that no matter what I did, how hard I tried, or how many doctors and therapists I saw - I was going to have to live with being a failure and, ultimately, a no-good waste of space.

I had moments of feeling better, but I knew they wouldn't last, not for long anyway. I knew it was only a matter of time before those same

old thoughts and feelings would consume my mind again. And they always did, coming back like an old abusive friend who has just been away for a while. Each time the depression returned, I felt worse. And each episode confirmed that I was a no-good worthless failure. After all, there I was, once again powerless and consumed by depression and making no real or tangible progress toward improving my life. And it just kept getting worse.

It took me well over twenty years of cycling through the ups and downs of depression before finding the right tools to heal and change my reality. But once I found those tools, I could finally release the despair. Those tools gave me the chance to let go of the thoughts and the feelings of depression that I believed defined me. It took some time and effort. But by taking it step by step and day by day, I can confidently say that today, I am no longer chained to that darkness I once knew so intimately for so long.

The depressed version of me is now only a memory of what once was. Today, I find myself on a path of feeling good about who I am and what I can do. I am confident that, even if the complete and utter negativity of depression creeps its way back into my life, I know how to defeat it. Because *I* am the one in control.

No matter how alone I felt along my path of depression and healing, deep inside, I knew I was not alone. I've always known others were going through the same cycle, the same pain, and the same despair. So once I learned how to be in control of my depression and noticed real change in my life, I have had a strong desire to share it with others. This desire drives me to want to help others learn what I have learned and to find their way out of that negativity. It is from that desire that this book and *The Depression Warriors* were born.

We may not know each other, but we are connected in spirit. We know each other on a level that some of our closest friends and loved ones may never understand. We have seen the worst sides of ourselves

and our lives, and we have survived. I have searched for answers, and I have fought my way out of the darkness. And you too are now on that same path—the path of *The Depression Warrior*.

I came up with the name *The Depression Warriors* to create an identity for those of us who have survived the worst of times but have yet to give up. For those of us who continue to fight, to go on, and survive even through the harshest aspects of life. Depression Warriors are those who have made the choice to question what the world tells them and dare to do something different. They have decided that it no longer serves them to watch life happen to them. Now they stand up for themselves, think for themselves, and fight for their right to be happy, healthy, and to accomplish their dreams and goals. Depression Warriors are those who fight for themselves and fight to make the world a better place for all.

I began experiencing severe and chronic depression when I was fourteen. And since then, I have dedicated my life to learning as much as I can about it. While in high school, I decided I wanted to help others with depression, so I went to college and majored in counseling psychology. After college, I worked for about five years in various mental health treatment centers. But I wanted to be in a place where I could help people even more, so I went on to graduate school. There I earned my master's degree in counseling psychology with an emphasis in couples and families. Then, immediately out of grad school, I fulfilled my dream and began a private practice specializing in depression and mood disorders.

Over those thirty years of education and experience, I learned a lot about depression. But one of the most important things I learned is that, most of the time, traditional treatment and ways of thinking about depression do not work. At least not in the way those of us with chronic depression need it to. So I set out to find something new, something that could really help us – long term – find peace from depression.

Through my experience of surviving depression, in addition to my professional training and experience as a therapist, and my quest to

find something more, I have discovered some magnificent and powerful tools that will change the way you think about, feel about, and perceive the world and your life within it. Tools that will change your life by changing the very reality of the world you live in. My intention for *The Depression Warriors Series* is to help you see life with more light. To help you see yourself with confidence and embrace the power within you to feel good about who you are and where you are going.

Change is possible. It is even easy once you get the hang of it - but real change is not going to fall into your lap. With effort, commitment, an open-heart, an open-mind, and the desire to finally climb out of the grips of depression, this book, and the other books in this series, will provide you with psychological, neurological, metaphysical, energetic, and spiritual information and techniques that will change your life, raise your emotions to new heights, and help you begin living the life you are meant to have.

And most of all, you don't have to do it alone. You've got my love, support, and encouragement. Not to mention, you have support from all the other Depression Warriors who have come before you and the Depression Warriors who will come after you.

Visit The Depression Warrior website at www.thedepressionwarriors.com. There, you will find support from others on the same journey, a blog for further reading, and printable versions of the activities from this book.

IS THIS BOOK RIGHT FOR YOU?

This series of books and the techniques within them are helpful for anyone. Based in spiritual, metaphysical, neurological, and psychological principles, the methods I include in all my books will benefit even the happiest, healthiest, and most mentally and emotionally balanced person. These techniques will help anyone to create a life of love, abundance, and

happiness. However, the focus of *The Depression Warrior Series* is for those who are stuck in the vortex of depression. It is for those on the roller coaster of feeling better at times only to find themselves once again consumed by the negative thoughts, feelings, and control of the extreme dark side of our physical existence.

I am not talking about the occasional depressed feeling. Although this book will help with any case of negativity, my real passion is to reach those who have experienced depression at its worst. Those who have experienced the kind of depression that haunts you and takes over your life and your personality. The depression that is torturous, painful, and feels impossible to escape. And the despair that seems to come from nowhere, creating unexpected and overwhelming dark emotions that leave you feeling powerless and worthless.

The battle against depression is not a task to be taken lightly. It is classified as a disease because it can *and will* take over your life, shape your reality, and dominate your very being. Depression changes the way your brain functions and how you see and perceive the world around you. It will create a dark, ominous, and false reality, leaving you feeling broken and no good. As such, it takes a strong and courageous person to commit to the process. Someone who can step out of their comfort zone and run right up to the front lines of the battlefield despite the fear and uncertainty that lies ahead.

I can tell you, right now, that you are strong enough to beat depression. Trust me, you would not be holding this book, much less reading it if you were not capable of fighting *and winning* this battle. Within you resides the truth of who you are and what you are truly capable of accomplishing. By tapping into this side of yourself, you will grow and discover your ability to overcome and heal from depression as you know it. You just need to be willing to act.

By choosing to read this book, you are likely ready to begin exploring what it takes to fight depression and change your reality. Even

so, you might be feeling hesitant or even incapable of trying to make any change right now, and that is okay. Go ahead and start reading, as the more you know, the more empowered you will feel to stand up to your depression and demand to have control of your life.

If you are wondering if being a Depression Warrior is right for you just go over the readiness checklist to make sure it is a good fit. Then, when and if you are ready, read the book, take some notes, and do what feels right as you progress through the topics. Once you get the ball rolling - it is not that hard to win this battle. Stick with it and go at your own pace, and you will see.



READINESS CHECKLIST

If you doubt your readiness to step into the depression battle or if this book is the way to do it, go over the following questions.

If you answer yes to most of the questions, you are ready to begin your Depression Warrior training, and your battle is already heading toward victory!



ARE YOU READY TO BECOME A DEPRESSION WARRIOR?

1) Are you willing to step out of your comfort zone and take a few risks if it means feeling good?

As I am sure you are aware, you cannot win the battle against depression by idly waiting for it to just go away. To create and maintain the change you are looking for, you will have to take action. It has taken your entire life, up until now, to create your current reality. So it will take time and effort, with mental, physical, and emotional action for change to occur.

When it comes to depression and fighting negative internal voices, you might feel awkward, risky, or uncomfortable. Yet, the definition of insanity is said to be doing the same thing over and over expecting different results. Therefore, it is when you step out of your comfort zone, take risks, and do things differently, that real change occurs. I will not ask you to jump into a pit of lions or anything crazy like that. I ask that you be willing to open your mind, change the way you treat yourself, and do things a bit differently than you are used to.

2) Is your mind open to the possibility that both science and spirituality combined is a compelling means to achieving happiness?

For many of us, science and spirituality have been opposing forces throughout our lifetime. Science did not have room for spirituality. Spirituality seemed to oppose science. And both schools of thought left most of us to feel like we had to choose one or the other.

Yet over the last several years, science is beginning to show proof of the spiritual aspects of life. Quantum Physics is especially finding evidence of something beyond what science previously believed to

be our physical reality.

Science is ever-evolving and continues to change what we think to be real and know to be true. Once we knew the sun revolved around the world, only to discover later, that we are the ones revolving around the sun.

Right? The more we learn and discover through science, the more of what we know to be “true” can change. And now, science is beginning to show the existence of something beyond our physical reality.

So it just makes sense. If we combine the two most profound forces in life - we will open the door to immense and powerful possibilities for our physical, mental, and spiritual health.

3) Are you willing to believe in a higher power, regardless of what you choose to call it (God, the Creator, the Source, the Higher Self, etc.)?

Although it is possible to overcome depression and ultimately heal from the wounds it has inflicted without the belief in a higher power, it is not the easiest, fastest, nor most effective way of achieving happiness. To get the most out of the techniques and suggestions in this book, you must believe there is something more than “just this.”

You do not need to know what it is; you just need to realize that there is the possibility of something greater than what you perceive through the physical body.

You will never need to, at any point, refer to this higher power as God or use any term that feels uncomfortable. Because the word God is familiar and well understood, I will use it. However, the Source of Creation does not require a specific name; all you need is to have an open mind and be willing to believe in something.

4) Are you willing to use the skills, methods, and

techniques that work for you to create a good, happy life, and to do them daily?

As I mentioned before, overcoming depression requires action. You are living this life on a dense physical planet, limited by your physical body, surrounded by lower energies and a lack of spirituality in many of the people around you. So, you need to be aware of and actively work against these forces that keep us down.

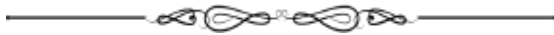
If you have experienced and suffered from depression, it is more important than ever for you to be willing to use your skills and to use them every day. To let down your guard for too long is to open yourself up to lower energies and negative forces that can consume you and drag you back into depression.

Daily activities may be as simple as giving yourself a reminder or repeating a simple phrase, or they may be more involved. No matter what you choose to do, you need to do them. Because these activities are necessary to keep you from falling back into darkness.

5) Are you willing to make a commitment?

One of the first steps necessary to overcome depression is to make the commitment. You are committing to do the best you can - every day - to beat, heal from, and prevent the return of depression. This commitment is a contract you go into with yourself. It states you care about yourself and how you feel, and you will begin to put yourself and your relationship with your higher power before all else.

Go ahead and make that commitment right now if you are ready. If you're not quite ready to commit to the process, just come back and do this part when you are.



MY COMMITMENT

I, _____, promise and commit fully to caring about myself and taking the steps I need to feel good about who I am, what I am capable of, and toward creating the life I deserve.

From here on out, I will nurture the relationship I have with myself and my higher power. I will put in the honest effort to listen to my heart and my intuition. And I will learn to walk my life path without fear of judgment from others.

I will do my best to take steps every day toward healing, recovering, and growing from my experiences with depression.

Your signature here: _____

Date: _____



HOW TO USE THIS BOOK

This book includes three parts. Part one: *Depression as We Know It*. Part two: *The Construction of Reality*. And Part three: *Beginning the Warrior's Journey*.

In the first part, *Depression as We Know It*, I go over what depression is, how it is diagnosed, and why some people experience depression when others do not. You may want to skim through this first part if you have experienced depression for a while and are familiar with what depression is and how it affects us. However, if you are learning about depression and how it plays a role in your life, this section will be helpful.

Part two, *The Construction of Reality*, is about how reality is constructed and why it is possible to change it. Reality is an illusion. What we know to be reality is what we see through filters. These filters are created and influenced by our brain, past experiences, and how we have developed throughout our lifetimes. Since reality is an illusion, seen through filters, we can change it. This section of the book will help you begin identifying those filters and create changes in your current perception of reality.

Part three, *Beginning the Warrior's Journey*, is the action-oriented part of this book. In this section, you will learn how lasting change occurs. It will challenge you to see yourself, depression, and the world around you from a different perspective. And it will lead you through some action steps that will help you create and maintain your new reality.

Throughout this book, there are a few activities to help you process and work through some of the information. All these activities are included as PDFs on the Depression Warriors website. If you are reading this on a Kindle or e-reader, want to redo the activities, or if you just want to keep your print book clean, head over to <https://www.thedepressionwarriors.com/book-activities>. Password will be available with book purchase. Download and print as many copies as you need;

they are free.

As I mentioned before, I have personally experienced depression. And my personal experience has had a massive impact on my learning and understanding how to manage depression. Therefore, throughout this series of books, I will share my own experiences. My words, suggestions, and advice may not all work for you the way they have for me, but know, through it all, you are not alone.

And above all else, know that no matter how far off it seems, there is hope for a much happier life. You deserve to see the love and the light that is you. You deserve to have good things happen to you. And you most certainly deserve to feel good, in control, and to know that you have a way to fight and overcome the demons that have a hold of you.

I hope that you will find answers, help, techniques, and loving understanding that will raise you above the deep dark despair of depression and lead you into the light of happiness and joy. The purpose of this *Depression Warrior* training is to help you understand the spiritual, uplifting, and incredibly comforting part of life. The part of life that is extremely vital to our success and happiness as human beings on this planet we call Earth.

The person I am today has been molded and shaped by my experience, the ups and downs, the devastation, the despair, and the victory. I have not only studied and treated people with depression for many years now, but I have also lived it, and I have overcome it. You can too.

Remember, my fellow *Warrior*, you are not alone. You can do this!