



## Here Are Some Helpful Hints On The Care Of *Depression Monsters*

During my five years in A.A. I've noticed a steady dwindling in the number, intensity and duration of my depressions. I've welcomed this slow fading and so have my friends.

The surprising thing about depressions is that when they happen, alcoholics and addicts often tend to nurse them and keep them alive. I know I did. If I continue to stay sober (and I hope to, with A.A.'s help) the day may come when I'm almost completely free of these mental binges of depression. So before I forget the many tricks of how to care for and feed a depression, I'd like to list some of them for the record.

- ◆ **Just sit there.** Inaction prolongs a depression by preventing you from thinking about anything except yourself. It permits you to concentrate on your inadequacies, past failures and lack of friends, on the injustices done to you, and on the general shabbiness of life.
- ◆ **Avoid A.A. meetings.** By eliminating attendance at A.A. meetings, you will reduce your chance of running into anyone who might understand your depression, listen to you, ask for your help or kick you in the pants. You will also avoid hearing any A.A. slogans or advice that could help you get rid of your depression.
- ◆ **Do not telephone fellow A.A. members.** Phone conversations are often fatal to depressions. They permit you to pour your feelings into the mouthpiece and to receive the other person's thoughts through the earpiece. This is known as a healthy exchange of ideas. Such trade-offs play havoc with even the strongest depression.
- ◆ **Do not pray.** The act of praying is an admission of at least a small degree of humility and willingness to accept the help of a Higher Power. Such flexibility and open-mindedness are the mortal enemies of a depression and usually destroy it.
- ◆ **Run away by yourself.** Jump in your car and drive or walk to an isolated area where no one knows you or expects you to act like an adult. Don't tell your spouse or your friends where you're going or even that you're leaving. This will cause them to worry, thus adding to your guilt and the length of your depression. I especially recommend November trips to any place that is dreary, the scenes of some of my finest depressions. All that cold wind and deserted beach. Wonderful!

## Care of Depression Monsters



- ◆ **Think about drinking or drugging.** Do not think about any of the “bad things about your addiction” or the “good things about your recovery.” That might cause you to feel grateful and put an end to your depression and that is not what you want. Think only about using and how much fun you used to have. This will cause you further sadness and pump doom & gloom into your depression.
- ◆ **Miss a couple of meals.** Hunger is to depression as fertilizer is to weeds - makes it thrive and blossom. While you’re starving, steer clear of hot showers, a fresh change of clothing, a walk in the spring air, or anything else that might lift your spirits. If you’re a man, go an extra day without shaving. If you’re a woman, let your hair get dirty. With depression, every bit of grime and misery helps.
- ◆ **Postpone making apologies or other forms of amends.** Many depressions stem from a guilty conscience. If you start running around patching things up with people, you’re likely to blow your depression sky-high. So be careful. Just keep reminding yourself what a louse the other guy is and how much he deserved what you did to him.
- ◆ **Avoid reading any inspirational or helpful material.** Avoid reading the “Big Book of Alcoholics Anonymous,” the “Twelve Steps and Twelve Traditions” of A.A., or any other writings that might dispel your stinking thinking. Instead, buy a newspaper and bone up on crime, the drug scene, pollution, misery in the world, and other jollies.
- ◆ **Above all don’t permit any cracks in your armor.** Avoid smiling and saying hello to people, giving another motorist the right away, sending a birthday card to your invalid aunt, being pleasant to anyone, or surrendering your bus seat to any women less than eight months pregnant. Acts of kindness and simple decency can spell “bye-bye” for your depression.

To sum it up: Avoid all 12 Step meetings such as A.A. (Alcoholics Anonymous), N.A. (Narcotics Anonymous) or D.R.A. (Dual Recovery Anonymous) meetings, and recovering people or recovery literature; stay alone, hungry, and uncomfortable; don’t pray; think about booze and drugs; and be as mean and petty as you can. With the help of these simple measures, you can stretch a one-day depression into a week-long binge.

**So there you are.  
My former world and welcome to it!!**

Author Unknown