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[Home](#) > Depression and Romance

Depression and Romance

Liya Panayotova, Alexander Draghici 17.3K reads

When depression affects one partner, the couple may suffer, under the pressure caused by this mood disorder. However, mutual efforts and appreciation can help make your relationship even stronger than before the depressive episode.

Having depression influence your romantic relationship can certainly put a strain on your love. Still, if you understand what the problem areas may be and are willing to put in the effort, your bond might even grow stronger, as a result of your mutual struggle.

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Bleak Atmosphere

As you know, people suffering from depression find it difficult to enjoy life's little gifts. Besides, they may often experience feelings of guilt, hopelessness, helplessness, worthlessness. Overall negativity can cause a bleak, strenuous atmosphere.

What Can You Do?

What both partners can do, to alleviate the strain of negativity, is to share their emotional worlds with each other. Talk about your concerns and experiences. In turn – provide your partner with active listening and support.

It is also a good idea to sit down together, and plan ways to make your home a more

enjoyable place. Some ideas are caring for a plant or a pet, taking up a DIY project together, establishing small, enjoyable rituals, etc.

Depression vs. Passion

While struggling with depression, a lot of people tend to lose interest in sex. Depression has a strong impact on one's self-perception and usually diminishes your self-esteem. It is only natural to have a reduced sex drive, when you dislike your body and personality.

What Can You Do?

What the two of you can do together, in order to reignite the passion, is talk about what it is that you love about each other's bodies and characters. Explore your sexuality with each other, by engaging in new intimate activities and enjoying your bodies in different ways.

Remember, it is not your fault that your partner may be feeling insecure at the moment. However, you can help by showing that you love and support them, in addition to finding them attractive.

All Fighting, No Fun

When your partner is troubled by persistent, negative thoughts and emotions, having fun may not be first priority for them. Unfortunately, people who struggle with depression don't always realize that hanging on to the things they once enjoyed can have a tremendous impact on their wellbeing.

Rediscovering Fun

Bringing back the fun can be extremely challenging, especially when your partner can't seem to find any pleasure or joy in life. However, planning your activities together and taking small steps towards improvement can go a long way.

Curbing Frustrations

Another issue that couples who struggle with depression may experience, is that it is sometimes difficult to show gratitude when you are depressed.

If you are in a relationship with someone who is depressed and have been going out of your way to help them, it is easy to feel frustrated when you don't feel appreciated. Fights can therefore easily break out.

What Can You Do?

Honest and open communication is the best policy. Expecting that your relationship will become better, without saying how you feel, is unrealistic.

A good idea is to seek support from a therapist, who works with couples. This is an excellent way to improve your communication and understanding of each other, as well as to discover strategies that will improve your relationship.

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