from living the life you want.
or that you have somehow brought it on yourself. Not at all!
level to the deep, which illustrates how largely important our subconsciousness is.
which will be discussed in detail later on.
you ever wondered what fuels YOUR depression?
view. Additionally, you will have yet another tool for dealing with depression.
would we want to leave this comfort zone?
at getting a handle on life's difficult moments.
and lack of motivation.

thoughts.

is sympathetic to your problems, but at least friends and family are.

others. Why? Because it's always easier to let others decide for you, although it prevents you

or that depression may bring, the costs are always higher.

depression really means to you?

important to establish a basis, by talking about a human being's subconscious processes.
subconscious. The former are those that we realize, contemplate and purposefully act upon.

physical, psychological) depression might provide for your subconsciousness.
with depression in a healthy way, as well as achieve your goals.

would feel safe. Since a feeling of being secure and protected may be very comfortable, why

also rob you of your personal dreams and desires.

provided only for a short period of time.

dark place, filled with danger, loneliness, hopelessness and disappointment.

mechanism designed to keep people out of harm's way, by forcing them to retreat, heal and

difficulty making decisions. A few bad choices are enough to discourage any future attempts

differs is our perception, which is now under the influence of negative emotions and disturbing

surely, depression will determine you to pass the responsibility of making decisions onto

ever since we were small children, and dictate our behavior without us realizing it.

depression is no longer adaptive, it still offers some benefits to those who experience it. Have


As you now know, mood disorders might have had an adaptive role in the past. Even if

Although having people you can rely on is crucial, most therapists agree that help should be

Before we delve into a topic, which may seem bizarre or downright angering at first, it is

Have you ever met someone who kept saying that they hated their job, relationship,

You may have heard that the processes of our mind are relatively divided into conscious and

As unbelievable as this may sound, depression can have a variety of so-called benefits.

This benefit is actually a reminiscence of what depression meant for our ancestors. It was a

From a psychological point of view, it might be challenging for you to imagine that depression

It is a commonly known fact that one of the most prominent symptoms of depression is one's

Whenever we're faced with a difficult situation, like for example having to deal with

In order to achieve some sense of comfort, we may create our own small universe, where we

Stepping out of one's comfort zone is always very difficult, but it will certainly help you cope

In that way, depression might serve a purpose by making life less strenuous, however it may

Please, keep an open, judgment-free mind as you read the following article.

It Provides a "Safe Space"

Relieve Decision-Making

Depression May Attract Support

Subconscious Processes

Depression and Subconscious

Subconsciousness and Depression

What about YOU?

Is Depression Beneficial?

Liya Panayotova, Alexander Draghici

Source URL: https://explorable.com/e/is-depression-beneficial