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The *Stress-Buster* and Women's Ministry Motivator



30 Worst Things to Say to Someone who is Depressed

1. "Go out and have some fun!"
2. "You're making me depressed as well..."
3. "I just want to help you."
4. "The world out there is not that bad..."
5. "Just try a little harder!"
6. "Believe me, I know how you feel. I was depressed once for several days."
7. "You need a boy/girl-friend."
8. "You need a hobby."
9. "Just pull yourself together"
10. "You'd feel better if you went to church"
11. "I think your depression is a way of punishing us."
12. "So, you're depressed. Aren't you always?"
13. "What you need is some real tragedy in your life to give you perspective."
14. "You're a writer, aren't you? Just think of all the good material you're getting out of this."
15. This one is best executed with an evangelical-style handshake, i.e., one of my hands is imprisoned by two belonging to a person who thinks he has a lot more charisma than I do: "Our thoughts and prayers are with you." This has actually happened to me. Bitten-back response: "Who are 'our'?"
16. "Have you tried chamomile tea?"
17. "So, you're depressed. Aren't you always?"
18. "You will be ok, just hang in there, it will pass." "This too shall pass." --Ann Landers
19. "Oh, perk up!"
20. "Try not being so depressed."
21. "Quit whining. Go out and help people and you won't have time to brood."
22. "Go out and get some fresh air... that always makes me feel better."
23. "You have to take up your bed and carry on."
24. "Why don't you give up going to these quacks (doctors) and throw out those pills, then you'll feel better."
25. "Well, we all have our cross to bear."
26. "You should join band or chorus or something. That way you won't be thinking about yourself so much."
27. "You just need to change your mind."
28. "You're useless."
29. "Nobody is responsible for your depression."
30. "You don't like feeling that way? So, change it."