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The Stress-Buster and Women's Ministry Motivator



The 53 worst things you can say to someone who is depressed...

1. "Just get over it!"
2. "If you just pray more, you will be fine!"
3. "You just need to give yourself a pep-talk!"
4. "It's all in your mind."
5. "You are stronger than this."
6. "No one ever said life was fair."
7. "Pull yourself together."
8. "Do you feel better now?" (Usually said following a five minute conversation in which the speaker has asked "what's wrong" and "would you like to talk about it" with the best of intentions, but absolutely no understanding of what depression really is...an illness.)
9. "Stop feeling sorry for yourself."
10. "There are a lot of people worse off than you."
11. "You have it so good, why aren't you happy?"
12. "It's a beautiful day!"
13. "You have so many things to be thankful for, why are you depressed?"
14. "What do you have to be depressed about?"
15. "You think you've got problems!"
16. "Maybe you should take more vitamins."
17. "There is always somebody worse off than you are."
18. "Lighten up!"
19. "You should get off all those pills. They are just a crutch". (Depression is often caused by a chemical or hormonal imbalance.)
20. "You are what you think."

21. "Cheer up!"
22. "Have you been reading the Bible?"
23. "You need to get out more."
24. "Well, everyone gets down sometimes!"
25. "Depression is just a spiritual problem."
26. "There must be some sin in your life that God is punishing you for."
27. "Let me know if you need anything." (People battling depression will rarely take you up on your offer. If you see a need, just meet it.)
28. "You're making me depressed as well."
29. "I just want to help you."
30. "Just try a little harder!"
31. "Believe me, I know how you feel. I was depressed once for several days."
32. "You need a boy/girl-friend."
33. "You need a hobby."
34. "Just pull yourself together."
35. "You'd feel better if you went to church."
36. "I think your depression is a way of punishing us."
37. "So, you're depressed. What's new?"
38. "What you need is some real tragedy in your life to give you perspective."
39. "You don't like feeling that way? So, change it."
40. "You're a writer, aren't you? Just think of all the good material you're getting out of this."
41. "Have you tried chamomile tea?"
42. "You will be fine. Just hang in there and it will pass."
43. "Perk up!"
44. "Try not being so depressed."

45. "Quit whining. Go out and help people and you won't have time to brood."
46. "Go out and get some fresh air... that always makes me feel better."
47. "You have to take up your bed and carry on."
48. "Why don't you give up going to these quacks (doctors, counselors, psychologists) and then you'll feel better."
49. "Well, we all have our cross to bear."
50. "You should join band or chorus or something. That way you won't be thinking about yourself so much."
51. "You can simply change your mind, you know."
52. "You're useless."
53. "Nobody is responsible for your depression."