

# Beauty for My Ashes

## STUDY GUIDE

### Chapter Eight

#### Video Questions

1. There is a difference between clinical depression and depression caused by our \_\_\_\_\_.
2. Sadness is an emotional \_\_\_\_\_ that we can come in and out of.
3. Depression is there for the \_\_\_\_\_.
  - Depression can feel like a pit that we can't climb out of.
4. The first part of the battle is being able to \_\_\_\_\_ when we move from being sad to being depressed.
5. Do not change your environment to \_\_\_\_\_ to depression.
6. Stay \_\_\_\_\_ with people.

## Questions for the Week

1. At any point in your healing journey, do you feel that you have suffered from depression caused by your circumstances?
2. Are you able to recognize the difference between being sad and being depressed? If so, what are some of the distinguishable traits that you notice between the two? *If not, I would highly encourage you to pay close attention to what happens when you begin to feel sad for long periods of time.*
3. Have you noticed yourself changing your environment to conform to depression at any time in your healing journey? If so, what did you change to conform to it?
4. What are some positive ways you can change your environment the next time you recognize depression setting in?
5. List anywhere between one to three names of trusted people you can connect with whenever you begin to feel depressed.
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