Only You Can Save Yourself

This course will give you the tools to overcome your depression for good.

But I also can't reach through the screen and force you to take action on anything I suggest.

I can't reach through the screen and use these tools for you.

You have to pick them up and use them yourself.

I can give you the hammer, but you have to hit the nail.

Look, as I told you before, I got **lucky**.

I was forced to try everything in my power to beat depression. This freed me to try everything and forget what I thought I *knew* about depression…

This is similar to the previous video about not focusing on results, and it needs to be said again because I see it over and over again.

A lot of people that are depressed have lots of people that take care of them and let them stay that way. They listen and acknowledge that, "Yes, you're life is horrible and you deserve to feel horrible."

Some people actually enjoy the **payoffs** we get from depression. People come over and help us out, we get sympathy for others, we can blame other people for our problems. I'm not saying that's what you do, but there still might be just a trace of it left in you.

The truth is, you have a state of depression and you are stuck until you find the root cause and fix it. In this state, you are going to need lots of **support**.

I am NOT saying that you can't get support from others…
I am NOT saying that you can't dare to reach out for help…
I am NOT saying that you can't utilize resources and knowledge…

Those are all very healthy forms of getting yourself ahead, and you should get assistance and support from others like it was a burning passion of yours.

However, these people cannot *do it for you*. They can only make sure you *do it for yourself*. Nobody can take your blood test for you. Nobody can choose to eat spinach instead of skittles for you. But they can help you make that choice.

You have to step up and show up with a therapist or coach. You have to step up and be honest about your diet. You have to step up and be honest about if you aren't doing good and getting that extra support.

You have to actually implement this course in order for it to change your life. The responsibility lies on you. However, if you are having difficulty with any part of it, support is just an email away.

The last time I saw a therapist, I went in and told her exactly what I wanted to accomplish and how she could best serve me.

She helped me out and gave me assignments. I did every piece of homework she gave me and went a step further.

I utilized her skills and knowledge completely and took control for implementing everything she taught me.

I got results *extremely fast*.

I cannot fix your life. Only you can.

The therapist didn't fix some of my issues. I fixed themselves myself. But the therapist *supported* me in that process, accelerated that process, and made that process possible.

Depression is a state of disempowerment… You want to move into a state of empowerment and do everything you have in your ability to defeat your depression.

Don't sell yourself short. You can do this. Even if it takes a week to change your eating habits from eating candy after every meal to not eating any candy after meals, you will be one step closer to recovery.

Make the choices that you can, get the support for those that you struggle with.

Ultimately, this is on you. Yet, you are never alone on the journey.