

Depression in the Interpersonal Context

Simple steps to effectively manage depression related to the interpersonal context

- 1 Try not to isolate yourself from people
- 2 Try to stay connected with people who you feel comfortable with
- 3 Take the initiative to get in touch with people, re-establish/revive lost contact if necessary, make new connections
- 4 Sometimes we assume that the other person knows exactly what we expect but that may not happen. Make your expectations of a relationship clear.
- 5 If there has been a loss-experience, allow yourself to grieve, talk about its meaning to someone who can be a sounding board.
- 6 Keep communication channels open. When upset, try to explain your position, communicate how you feel and clarify if necessary. Try not to avoid or clam up.
- 7 Check how your self-talk is influencing how you respond to interpersonal issues.
- 8 Ask for help, don't wait for it to come your way. Also, extend help to others in need.
- 9 If there is a conflict in any relationship, address it before it becomes too big. Try to talk it out openly and identify what the issue really is.
- 10 Relationships are about 2 or more people. Take responsibility but not more than how much you should-for problems or failures.

