

The Phenomenology of Depression

Internal

Time: Oriented to the past
Internal vocabulary: "If only..."; "I can never..."; "I can't..."
Expectation: Failure, unrealistic expectations.
Process #1: Under-activate
Process #2: Negativity
Process #3: Overwhelmed
Process #4: "Fogged over."
Process #5: "Shut down."
Perception: Dulled; suppress input
Perceptual process: Magnify painful sensations; enhance the negative
Behavior #1: constrict/restrict/limit activity
Behavior #2: Regression
Behavior #3: Lack of follow-through on tasks
Tempo: Slow down
Absence #1: Failure of assertiveness
Absence #2: Denial
Absence #3: Goals
Absence #4: Desire/passion
Cognitive distortions: "The world is a terrible place."
Belief system: I cannot cope; rigid
Affective: Sadness; ennui; irritability
Affective Process: Inflexible mood
Self-esteem: Incapable; self-critical
Grammar: [!!!]
Memory: Remember negative events
Memory Process: Forgetful; preoccupied
Existential: Crisis of Meaning
Attention: Internal
Thoughts: Self-destruction; defeat; indecisive
Physiology: Decreased energy
Cognitive: "Bad thoughts."
Biological: Erode health; sleep disturbances
Attitude: Shame; hopeless; judgemental
Spiritual: Lack of faith
Sensory System: Tactile
Internal Imagery: "Dark"
Posture/Gesture: "Pull in."; Look down
Energy: Listless; agitated
Metaphor/Analogy:

Social/Interpersonal

Expression: Decreased range
Withdrawal; Isolate; Lack of social interest and involvement
Intropunative (But could be extropunative)
Victim/ Helpless
One-down
Lack of self-care in the presence of others
Family Heirloom
Absorb Energy
Triangulation; hopeless grasping
Passive; passive-aggressive
Systemic functions