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Sometimes it seems as though others are unaware of the pain and anguish I experience in this deep, dark abyss. But even though my depression surrounds me, I can rejoice, for I know that this is only temporary and help is imminently on the way!

Part of my internal struggle deceives me into thinking that I am doomed to loneliness. Another part tricks me into thinking that the dark pit may never end. Nevertheless, I reach into the inner recesses of my mind and use my willpower to its fullest extent to recognize that this is untrue.

My help comes from my spirit within, my Higher Power, and my strength to carry on. There is a small voice inside me saying that help is nearby. Indeed, help is nearby and I only need to reach out and grasp it.

I am a beautiful soul, a caring and compassionate individual who always helps those in need. Now, it is my turn to accept help.

Today, I gather all the strength I can muster to make a phone call to someone I trust, someone who has listened to me in the past. I allow myself now to feel a sense of calm amidst the raging seas.

Today, instead of embarrassment and shame, I feel hope and can see a glimmer of light at the end of the tunnel.

Self-Reflection Questions:

1. What has triggered the most recent episode of depression I am experiencing?
2. How have I handled the feeling of loneliness in the past?
3. What new coping skills can I learn to deal with my depression? Can I try meditation, yoga, spiritual prayer, or exercise? Does talk therapy help?