



Journal:

# Economic Depression

27

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# Economic Depression

(video: 12 minutes)

Possible Reactions:

- Panic
- Terror
- Shame

## **Motivate to Action!**

(And, minimize the potential pitfalls)

Common Emotional Themes:

- Guilt and shame
- Withdrawal and isolation

### Discussion/Reflection:

Do you have a sense of self-blame and/or guilt?

Do you feel the temptation to isolate and see yourself as the only one dealing with this situation?

Other Emotional Themes:

- Alcohol and drug abuse/dependence
- Self-esteem and goal setting crisis

### Discussion/Reflection:

Consider the possibility of excessive use, or even potential dependence on alcohol or other addictive substances.

How has this situation impacted your self-esteem and goal setting?

Other Emotional Themes:

- Loss and grief
- Stress, anxiety and depression

Discussion/Reflection:

Do you need to deal with this situation as a loss?

Might you need to consider a stress, anxiety or depressive approach?

- Trauma and abuse
- Insomnia
- Financial management
  - o Dave Ramsey ([www.DaveRamsey.com](http://www.DaveRamsey.com))

Are you living beneath your means?

*Optionally Spiritually Inclusive Segment:*

Spiritually Inclusive Strategies:

- Pray
- We are unlikely to grow out of abundance
- What is really important?
- Spiritual lessons learned?

Discussion/Reflection:

How might you grow spiritually out of this difficult time?

How might this help you to move ahead?