

**Depression: Psychological Perspective with JK Rowling and Robin Williams**  
**February 10, 2019**

**Psychological Perspective**

-Greek- *psych* - spirit, breath, soul, inner life  
-*logia*- study of (formally since late 1800s)

Requires us as friends and family members to:

- focus on the inner life and not just on what is seen
- not negate the inner life or submit it to “psycho-babble” critiques
- understand the biblical concern for both the inner and the outer person
- seek out wisdom to speak into the depths of peoples’ inner experience

**“Hard to believe that...”**

...so many comedians battle depression. They **seem** happy, fun, laugh a lot....

...so many celebrities/athletes/entertainers battle depression. They **seem** to have a great life, with their wealth and fame....

...so many leaders/public people battle depression. They **seem** confident, together, articulate....

...so many Christians battle depression. They **seem** to be serving God, encouraging His people, valuing their faith....

**Robin Williams**

“I think the saddest people always try their hardest to make people happy because they know what it’s like to feel absolutely worthless and they don’t want anyone else to feel like that.”

“If you’re that depressed, reach out to someone. And remember, suicide is a permanent solution, to a temporary problem.”

**JK Rowling on Depression**

“Depression is the most unpleasant thing I have ever experienced...It is that absence of being able to envisage that you will ever be cheerful again. The absence of hope. That very deadened feeling, which is so very different from feeling sad. Sad hurts but it’s a healthy feeling. It is a necessary thing to feel. Depression is very different.”

**JK Rowling on Dementors**

“Dementors are among the foulest creatures that walk this earth. They infest the darkest, filthiest places, they glory in decay and despair, they drain peace, hope, and happiness out of the air around them...Get too near a Dementor and every good feeling, every happy memory will be sucked out of you. If it can, the Dementor will feed on you long enough to reduce you to something like itself...soulless and evil. You will be left with nothing but the worst experiences of your life.”

## **Depression? Not Sad Feelings That Last Briefly**

- Significant change in appetite, sexual drive and weight
- Significant change in sleep pattern
- Loss of energy and excessive fatigue
- Feelings of worthlessness, self-reproach and excessive guilt
- Difficulty concentrating, remembering and making decisions
- Loss of motivation and enjoyment of regular tasks
- General slowing down of all motor tasks
- Suicidal tendencies

## **Bipolar/Manic-Depressive? Depression Plus...**

- Significant elation and expansion of mood
- Irritability with impulsive anger
- Hyperactive, talkative and highly distractible
- Bad judgement leading to difficulties socially or at work
- Inflated self esteem
- Involvement in risky activities that can bring painful circumstances
- Diminished need for sleep

## **Cognitive Triad**

Negative views about oneself > Negative views about the world > Negative views about the future

## **Wisdom Recognizes the Inner Life**

Even in laughter the heart may ache, and rejoicing may end in grief. Proverbs 14:13

To answer before listening—that is folly and shame. Proverbs 18:13

The human spirit can endure in sickness, but a crushed spirit who can bear?

Proverbs 18:14

The purposes of a person's heart are deep waters, but one who has insight draws them out.

Proverbs 20:5

**How well do I recognize the inner life of others?**

## **Wisdom Recognizes the Importance of Sensitivity**

The words of the reckless pierce like swords, but the tongue of the wise brings healing.

Proverbs 12:18

Gracious words are a honeycomb, sweet to the soul and healing to the bones. Proverbs

16:24

Like a broken tooth or a lame foot is reliance on the unfaithful in a time of trouble.

Proverbs 25:19

Like one who takes away a garment on a cold day, or like vinegar poured on a wound, is one who sings songs to a heavy heart. Proverbs 25:20

**How sensitive am I to the inner life of others?**

## **Edvard Munch Painting- Scream**