

**GET YOUR HEAD OUT OF YOUR
DEPRESSED**

“BuT”!

not butt.



First, LAUGH! You'll Be Off to a Good Start.

or

**Get Insulted, Offended, Angry and Pout!
You Decide?**

Regardless, Once In Remission, Please Read This Article.

**Then, Hire Me as Your Coach to Help You
Eliminate Your Old, Over-Used And Tired Excuses!
Develop Your Personal, Positive Life Plan!**

**And Forever Live,
Your Non-Depressed Life, Your Way!**

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I Need A Healthy Joyful “Me” Most: Now and Forever! So Do You!

About twenty five years ago, I lost much of what was important to me to major depression and burnout! Thankfully that has changed dramatically.

I am a recovering depressed burnout and workaholic who gained most from work and lost most to work. I was a machine, who couldn't stop. I was afraid to stop, also knowing I could no longer continue.

After my major depression, guilt and shame came more depression, guilt and shame, more self pity and self-flagellation. I couldn't work. I wouldn't work. I had to punish myself for my mistakes and imperfections. I eventually achieved total burnout: no business with full integrity.

“It is not the weight of the load that brings you down, it is how you carry it.”

-Lena Horne

In 1994, I was burned out, majorly depressed and Fat.

**232 lbs, 54 lbs above my normal weight,
eating a 2.2 lb tub of tiramisu a day and
judiciously watching the OJ trial,
as if it had relevance in my life.**

We both know it didn't!

“You should be ashamed of yourself!” said my mother.

I was!

“You look like a Fat Ugly woman”! said my 10 year old daughter.

I did!

That's what I call hitting bottom, on my Fat bottom.

Now WHAT? I pondered.

I had some serious decisions to make.

As long as I kept on feeling ashamed and looking for the answer **Why?**, I stayed ashamed and found more and more reasons to explain **Why?** and how I screwed up my life which were followed by excuses to stay screwed up because I was too depressed/ashamed to truly **DO** anything about **"It"**!

"It": the reasons **Why!**

And so the psychotherapy cycle continued. More **Why?** more shame, more depression, more antidepressants, more acceptance of **Why?** and more of the continuing cycle to more of the same.

I felt good being miserable. Owing shame requires depression, misery guilt and sadness, as the appetizer, the entrée and the dessert.

Recovery is denial; because if you get better, you must be in denial otherwise you would still be in depression, shame and sadness.

If this sounds crazy it is, **"BuT"** that is the trap of mental illness.

There is no way out of **Why?**

There only is a way out of **Now WHAT!**

Not, Now What???

Because Now What??? questions the legitimacy of the "depressed" and "ashamed's" rejecting both depression and shame and leaving them behind: leaving them behind to be the problems of those unforgiving unsupportive others and of the patient role and therapist who doesn't know how to or want to empower legitimate growth and change.

If this sounds like bitter grapes, it isn't. It can become your coaching pathway to the courage necessary for you to break the stranglehold of your lingering depressed beliefs, thoughts, feelings and behaviors.. You are no longer clinically depressed, it is just that you don't believe it or trust it yet!

Enough already: I **was** depressed, ashamed, and burned out. **I recovered.**

You can recover too! or not.

If you **DO**, good for you! If you don't, you're not forgiving yourself; you're acquiescing to lingering depression, shame and sadness by not moving on.

Guilt, shame and depression can be a self-inflicted prison.

Stop beating yourself up! Give yourself permission to accept that life is a process, a learning curve of opportunities to succeed.

You must learn to bypass emotional and intellectual reasons for **WHY?** you got depressed.

When you or others ask: **WHY?**

Answer: **BECAUSE!!!** and then **DO Different DO.**

You want to change a lifetime of guilt, shame and depression, years of improper eating, drinking, not exercising or relieving stress with too little sleep, by looking for the a secret without accepting that changing the above is the secret.

Depression has many causes and many solutions, some simple, others more radical. Thankfully, you have many **CHOICES** available to you. Some lie inside you, others outside you.

My philosophy is simple. DO your part first!

Since the problem is yours, it seems only reasonable that you hold yourself responsible to **DO** everything you can to succeed in addressing your depression and keeping it away forever.

Rather than blaming yourself, which is negative, how about truly finding out what solutions are available to you by looking towards what you can **DO**, first with the powers that truly lie inside of you.

Look towards the Power of **MINDSET**, Your **MINDSET**!

Either you control “It” or “It” controls you!

As long as you believe that the solution lies outside of you instead of inside of you, you are giving away, in fact, cutting away, the power of your single greatest resource: **YOU!**

As soon as you believe that your brain, your attitudes, your beliefs, your ability to **DO** your part; i.e. your **MINDSET**, that most of the solution lies inside of you, you have the ability to harness and leverage these great resources.

As long as you believe that you are powerless to address your depression, you have empowered your greatest excuses, your “**BuT**”s and allowed your “**BuT**”s to control your brain.

*“**BuT**” I ‘ve tried so hard and nothing works! (Believed, not necessarily true.)*

This is a powerful belief that short circuits other powerful options. It limits your power and your opportunities to succeed.

*“I have tried so hard **AND** have failed to find a solution that works for me, so far.”*

This is a powerful belief that the solution is available, that you just haven’t found it yet.

AHA, maybe, you have empowered your Depressed “**BuT**” excuses and powerless beliefs instead of looking at your previous solutions which were good intentioned and flawed.

Cut your “BuT”s first.

They require a change in **MINDSET** without the costly and dangerous ramifications of surgery. My job is to teach you that **MINDSET** and the behaviors necessary to implement that **MINDSET**!

Until your “**BuTs**” are removed and your successful **MINDSET** is in place, you run the risk of having your faulty past **MINDSET** controlling your future beliefs, decisions and behaviors.

Check the research. Even **TMS** psychiatrists know and most will agree that unless you change your faulty mindset, your improper mindset will eventually offset the benefits of **TMS** and depression treatment and you will regress.

I grew up hearing a wise expression: “Mind over matter!” I reaffirm its wisdom.

“Mind over matter: If you don't mind, it doesn't matter.”

-Dr. I WannaWanna®

I believe it also means that the power of the mind is great as long as you clearly focus it on what it takes to succeed and you do the work necessary to succeed.

“It is so important to remember that we have a disease, we are not our disease. We are sick people getting well, not bad people getting good.” -Anne Wilson Schaef

It is important to remember that we have/had depression, we are not our depression

“When it lies in our power to do, it lies in our power not to do.” -Aristotle

The CHOICE is Yours. Do You WannaWanna address your depression? Or Not!”

“In life there are only 2 things, results and reasons. Successful people have lots of results and unsuccessful people have lots of reasons.” -Keith J. Cunningham

“Failure will never overtake me if my determination to succeed is strong enough.”

“I will persist until I succeed.”

“I will live each day as if it is my last.”

“Today I will be the master of my emotions.” -Og Mandino

In my opinion, depression, now in remission, can remain as the absence of positive **DO!**

Its cure: the replacement of negativism, non-**DO**, with positive **DO!**

Coaching, is positive action, the next step for persons recovering from depression, as soon as, all pervasive debilitating symptoms are in remission.

I help patients stop being depressed patients and into being clients in remission **ASAP.**

I treat the opportunity to **DO New and Different Positive Active DO!**

Only in the midst of your depression can you find the keys to unlock it.

Only in the safe acceptance of who you are, can you find the courage to find the positive wisdom of others.

I believe that depression, once experienced, is never forgotten. Said another way, depression, like herpes, can never be totally cured. It, however, can be treated to successfully remain in remission.

In my experience, both professional and personal, coaching is the most viable treatment available for learning to live your life, your way once your depression is in remission. It is also the most effective method of keeping your depression in remission.

Coaching is about teaching us **HEALTHY**, about achievable **WELLNESS!**

*"Health is the state
About which
Medicine has nothing to say."
-W.H. Auden*

Conventional Western medicine treats illness.
Conventional Western psychiatry treats mental illness.

Both legitimately focus on repairing what's "wrong", what's dysfunctional, what is in need of repair. Coaching improves what already works.

“If it ain’t broke, don’t fix it.” - Bert Lance.

This saying has been repeated by many to bypass responsibility.

“If it ain’t broke, don’t fix it’ is the slogan of the complacent, the arrogant or the scared. It’s an excuse for inaction, a call to non-arms.” – Gen. Colin Powell

My question: How can “**It**” be improved?

That is my focus. On what is right not wrong, what can be made better not fixed, on opportunity not problems.

*“Your vision will become clear
only when you can look into your own heart.
Who looks outside, dreams;
who looks inside, awakes.”*

- Carl Jung

The punch line is the title of my program. The meat is in doing the work.

No work! No Progress! Your opportunity awaits you!!!

If you are interested in a free consultation to determine if and how I can help you, please email me at garysgrossmanphd@gmail.com for a **FREE no obligation confidential consultation**, saying *interested in coaching* in the subject line or call me at 559-273-8986.

To your non-depressed new life!

Dr. Gary

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