

(89) The Path of Depression

Points of Reflection

Video #89: [View/download the video lesson](#)

- ☐ List, by memory, the five steps down to depression, along with a brief description.

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- ☐ What is the hardening of the heart?

- What are two ways to avoid guilt?

(1)

(2)

- ☐ What are the two things that happen at the despair stage?

(1)

(2)

☐ How is despair different from depression?

☐ Have you ever seen or experienced the signs of depression? Explain.

☐ The last exercise focuses on using this chart. Draw it.

☐ **Date Lesson #89 completed** _____