

## MOODS COMING ON – UNAWARES

Mania – and depression too – often (or maybe usually) come on before we're even aware of it ourselves. Usually, it is the people close to us who first notice that something is wrong.

Our highs (hypomania or mania) often go unnoticed. Mania feels good, is freed from self-consciousness and self-doubt. We often don't feel the first signs of depression coming on either. Sometimes when it has really taken hold that we know something is wrong.

- What have your experiences been with the onset of depression and mania?
- Are you learning to recognize when depression or mania come on? How?
- What do you do to help keep depression or mania at bay?

We need to listen to what the people close to us are telling us about how they see us.

- Are you able to do that? If not, why not?

Having humility – the kind of humility Jesus teaches us to have – is of utmost importance. I wonder if it might not even help us avoid some of the symptoms of depression and mania.

- Is this a crazy thing for me to consider? What do you think?

What would happen if we were able to humbly listen to others:

- While they tell us what they see happening to our mood?
- While they're telling us about what is happening in their life? Could we do that, even while our mood is high? Can we stop talking long enough? Is it possible?
- Can we listen to a friend telling us of their needs, even though we ourselves have depression?