

I had a black dog. His name was Depression.

Students' worksheet.

Ex. 1

1. What problems connected with depression does the person speaking mention?
2. What were his ways of dealing with the black dog?
3. How did professional help influence his attitude towards depression?
4. What ways of dealing with depression that actually worked for him does he mention?

Ex. 2

I had a black dog. His name was depression. Whenever the black dog **made an appearance**, I felt (1) _____ and life seemed to slow down. He could surprise me with a visit for no reason or occasion. The black dog made me look and feel (2) _____ than my years. When the rest of the world seemed to be (3) _____ life, I could only see it through the black dog.

Activities that usually **brought me** (4) _____, suddenly ceased to. He liked to (5) _____ **my appetite**. He chewed up my (6) _____ and my ability to (7) _____. Doing anything or going anywhere with the black dog **required super human strength**. At social occasions, he would sniff out what (8) _____ I had and chase it away.

My biggest (9) _____ was being found out. I worried that people would judge me. Because of the (10) _____ and (11) _____ of the black dog I was constantly (12) _____ that I would be found out. So I invested vast amounts of (13) _____ into covering him up. Keeping up an emotional lie is exhausting.

Black dog could make me think and say (14) _____ things. He could make me (15) _____ and difficult to be around. He would take my love and bury my intimacy. He loved nothing more than to wake me up with highly repetitive and negative (16) _____. He also liked to remind me how (17) _____ I was going to be the next day.

Having a black dog in your life isn't so much about feeling a bit (19) _____, sad or blue... At its worst it's about **being devoid of** (20) _____ altogether. As I got older the black dog got bigger and he started hanging around all the time. I'd chase him off with whatever I thought might send him running. But more often than not he'd come out on top - going down became easier than getting up again. So I became rather good at self medication... which never really (21) _____. Eventually I felt totally (22) _____ from everything and everyone. The black dog had finally succeeded in hijacking my life.

When you lose all (23) _____ in life you can begin to question what the point of it is. Thankfully this was the time that I **sought** (24) _____ **help**. This was my first step towards (25) _____ and a **major turning point** in my life. I learnt that it doesn't matter who you are the black dog affects millions and millions of people; it is an (26) _____ **opportunity** mongrel.

I also learnt that there was no silver bullet or magic pill. (27) _____ can help some and others might need a different approach altogether. I also learnt that **being emotionally** (28) _____ and authentic to those who are close to you, can be an absolute **game changer**. Most importantly I learnt not to be (29) _____ of the black dog and I taught him a few new tricks of my own. The more (30) _____

and (31) _____ you are the louder he barks, so it's important to learn how to quiet your mind. It's been clinically proven that regular (32) _____ can be as effective for treating mild to moderate depression as antidepressants. So go for a walk or a run and leave the mutt behind. Keep a (33) _____ journal; getting your thoughts on paper can be **cathartic** and often **insightful**. Also keep track of the things that you have to be grateful for.

The most important thing to remember is that no matter how (34) _____ it gets... if you take the right steps, talk to the (35) _____ people, black dog days can and will pass. I wouldn't say that I'm grateful for the black dog but he has been an incredible teacher. He forced me **to re-evaluate** and (36) _____ my life. I learnt that rather than running away from my problems it's better to (37) _____ them. The black dog may always be part of my life but he will never be the beast that he was. We have an understanding. I've learnt through knowledge, (38) _____, discipline and (39) _____ the worst black dog can be made to heel.

If you are in difficulty, never be afraid to ask for help. There is absolutely no (40) _____ in doing so. The only shame is **missing out on life**.

Ex. 3

1. What new vocabulary did you learn today?
2. What did you learn about depression that you didn't know before?
3. Would you know how you can help a person suffering from depression?

Homework:

Complete the worksheet: <https://www.liveworksheets.com/1-zi1900534jj> and send it to your teacher.