

I had a black dog. His name was Depression.

KEY

Ex. 1

1. What problems connected with depression does the person speaking mention?

Przykładowe odpowiedzi: feeling old, no joy in life, no pleasure, bad appetite, problems with concentration, lack of confidence, constant fear of being found up, exhaustion, negativity, irritability, problems with love life, lack of feelings

2. What were his ways of dealing with the black dog?

Przykładowe odpowiedzi: covering up, self-medication, isolation.

3. How did professional help influence his attitude towards depression?

Przykładowe odpowiedzi: he realized the problem affects millions of people, there is no perfect cure, medication doesn't always work; he decided to be more genuine towards people close to him, he stopped being afraid of depression.

4. What ways of dealing with depression that actually worked for him does he mention?

Przykładowe odpowiedzi: learning to quiet your mind, regular exercise, keeping a mood journal, concentrating on things one can be grateful for)

Ex. 2

I had a black dog. His name was depression. Whenever the black dog **made an appearance**, I felt **empty** 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 **older** than my years. When the rest of the world seemed to be **enjoying** life, I could only see it through the black dog.

Activities that usually **brought me pleasure**, suddenly ceased to. He liked to **ruin my appetite**. He chewed up my **memory** and my ability to **concentrate**. Doing anything or going anywhere with the black dog **required super human strength**. At social occasions, he would sniff out what **confidence** I had and chase it away.

My biggest **fear** was being found out. I worried that people would judge me. Because of the **shame** and **stigma** of the black dog I was constantly **worried** that I would be found out. So I invested vast amounts of **energy** into covering him up. Keeping up an emotional lie is exhausting.

Black dog could make me think and say **negative** things. He could make me **irritable** 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 **thinking**. He also liked to remind me how **exhausted** I was going to be the next day.

Having a black dog in your life isn't so much about feeling a bit **down**, sad or blue... At its worst it's about **being devoid of feeling** 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 **helped**. Eventually I felt totally **isolated** from everything and everyone. The black dog had finally succeeded in hijacking my life.

When you lose all **joy** in life you can begin to question what the point of it is. Thankfully this was the time that I **sought professional help**. This was my first step towards **recovery** 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 **equal opportunity** mongrel.

I also learnt that there was no silver bullet or magic pill. **Medication** can help some and others might need a different approach altogether. I also learnt that **being emotionally genuine** and authentic to those who are close to you, can be an absolute **game changer**. Most importantly I learnt not to be **afraid** of the black dog and I taught him a few new tricks of my own. The more **tired** and **stressed** you are the louder he barks, so it's important to learn how to quiet your mind. It's been clinically proven that regular **exercise** 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 **mood** 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 **bad** it gets... if you take the right steps, talk to the **right** 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 **simplify** my life. I learnt that rather than running away from my problems it's better to **embrace 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, **patience**, discipline and **humour** 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 **shame** 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?

Students' own answers.

Homework:

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

I FEEL...	(ADJECTIVE)	WHAT I FEEL IS...	(NOUN)
FRUSTRATED		frustration	
STRESSED		stress	
ANXIOUS		anxiety	
FURIOUS		fury	
DESPERATE		desperation	
BORED		boredom	
WEARY		weariness	
ENERGETIC		energy	
BRAVE		bravery	
OPTIMISTIC		optimism	
ANNOYED		annoyance	
HURT		hurt	
FEARFUL		fear	
IRRITABLE		irritability	
EXHAUSTED		exhaustion	
indifferent		INDIFFERENCE	
joyful		JOY	
secure		SECURITY	
sorrowful		SORROW	
betrayed		BETRAYAL	
understood		UNDERSTANDING	
exhausted		EXHAUSTION	
grateful		GRATITUDE	
irritated		IRRITATION	
bitter		BITTERNESS	
dismayed		DISMAY	
delighted		DELIGHT	
confident		CONFIDENCE	
shameful		SHAME	
isolated		ISOLATION	