

The Cycle of Depression

Stage 1
Normal

Stage 2
Triggers & Stressors

Stage 3
Victimization & Powerlessness

Stage 4
Anger & Depression

Stage 5
Sense of Helplessness

Stage 6
Isolation & Withdrawal

Stage 7
Revenge Planning

Stage 8
Self-Destructive Behavior

Stage 9
Abusing self or Others

Stage 10
Disbelief

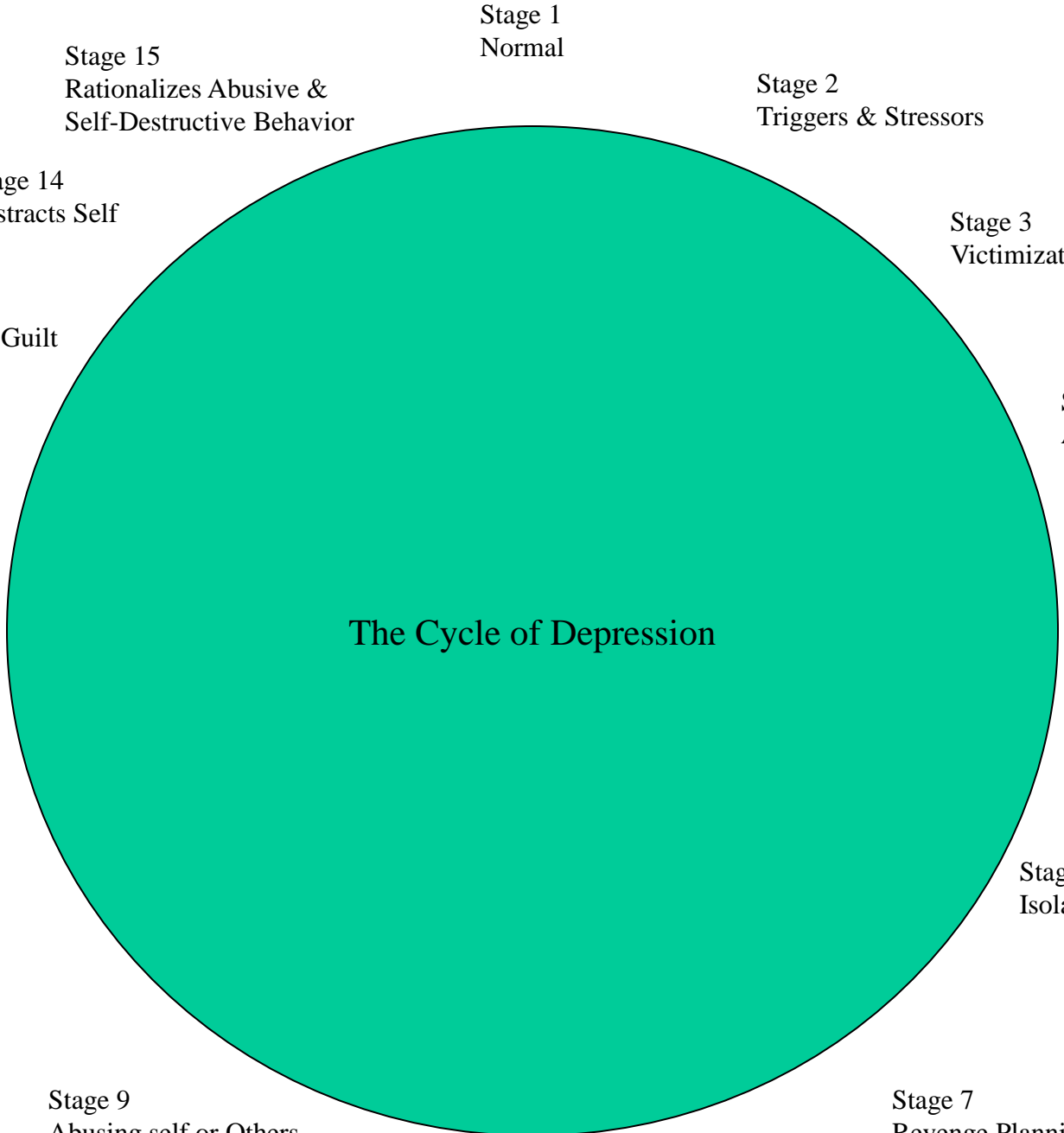
Stage 11
Sense of Relief

Stage 12
Fear or Concern
about consequences

Stage 13
Seeks Help, Sense of Guilt

Stage 14
Distracts Self

Stage 15
Rationalizes Abusive &
Self-Destructive Behavior



Stage 1
Normal

Stage 2
Triggers & Stressors

Stage 3
Victimization & Powerlessness

Stage 4
Anger & Depression

Stage 5
Sense of Helplessness

Stage 6
Isolation & Withdrawal

Stage 7
Revenge Planning

Stage 8
Self-Destructive Behavior

Stage 9
Abusing self or Others

Stage 10
Disbelief

Stage 11
Sense of Relief

Stage 12
Fear or Concern
about consequences

Stage 13
Seeks Help, Sense of Guilt

Stage 14
Distracts Self

Stage 15
Rationalizes Abusive &
Self-Destructive Behavior

The Cycle of Depression