# *Depression Test for Teenagers*

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# Depression test for teenagers: the starting point for your way out

The depression test below is for you, the teenager, to self-assess your symptoms of depression.

If you, the reader, happen to be the parent of a teenager who might be depressed, I suggest you ask your teen to take the test by themselves.

Please don't feel cut off. I'm a parent too and I'm interested in the good health of my children as well.

I know also that if you are experiencing a feeling, you are the one who best knows it.

Depressed people need one thing first: they have to begin to trust themselves and their feelings as much as possible. They should trust their feelings unconditionally.

If you are depressed, this is the best moment to begin to practice the art of trusting yourself unconditionally.

We give depressed teenagers trust if we allow them to check their feelings by themselves.
It could also be that our teenager doesn't feel up to talk about their feelings even with their parents. It's better to respect this need for privacy.

If you are depressed, you could feel negatively judged even if who you are talking with has no intention to judge you.

It's better to avoid this problem.

# The two ways to take this test

To take this depression test for teenagers you have to observe your feelings and habits for two weeks.

There are two ways to do this:

The first one gives you less privacy, the second one gives you the maximum of privacy.

Let's begin with the way to take the test that gives you less privacy.

You use the table Table for daily observation of feelings and habits. You have to print it or to copy it on a notebook.

Every day you have to:





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- Write the actual date in the space provided
- Answer all the questions marking the corresponding boxes (you mark the box if the answer is yes)

At the end of the 14 days of observation, you have all the information you need to take the test just once on this page: http://depressionteenshelp.com/depression-test-for-teenagers/

Doing the online test, when answering a question, you will:

- Answer 'yes' if on your table you marked the boxes almost every day
- Answer 'sometimes' if on your table you marked the boxes about half of the times
- Answer 'no' if on your table you marked the boxes only a few times

Let's see the other way to take this test, the one that gives you the maximum of privacy.

In this case you will use this table: Table to use if you do the test online. You have to print it or to copy it on a notebook.

Every day you have to:

- Write the actual date in the space provided
- Take the online test (http://depressionteenshelp.com/depression-test-for-teenagers/)
- In this case you answer to the questions only with yes or no, you ignore the 'sometimes' option
- You write the final score the online test gives you in the column 'Score'
- You mark the box 'no depression', 'mild depression' or 'depression' accordingly to the result that the online test gives you

Doing the test in this way you don't have to write the individual answers to the questions, so you have more privacy.

At the end of the 14 days of observation, the final result is as follow:

- If you have a majority of marks in the column 'depression', the result is depression.
- If you have a majority of marks in the column 'mild depression', the result is mild depression.
- If you have a majority of marks in the column 'no depression', the result is no depression.



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# Table for daily observation of feelings and habits

| Actual date -> | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Day number -> | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Has your sleep been troubled? | | | | | | | | | | | | | | |
| Have you been sleeping too much? | | | | | | | | | | | | | | |
| Have you been sleeping too little? | | | | | | | | | | | | | | |
| Have you been falling asleep at school? | | | | | | | | | | | | | | |
| Have you been eating too much and nervously? | | | | | | | | | | | | | | |
| Have you been denying food not feeling hungry? | | | | | | | | | | | | | | |
| Have you been feeling hopeless? | | | | | | | | | | | | | | |
| Have you been feeling like very guilty? | | | | | | | | | | | | | | |
| Have you been feeling strong remorse for something happened or that you did? | | | | | | | | | | | | | | |
| Have you been feeling very sad for no reason and incapable of controlling this feeling? | | | | | | | | | | | | | | |
| Have you been feeling irritable? | | | | | | | | | | | | | | |
| Have you been agitated for no apparent reason? | | | | | | | | | | | | | | |
| Have you been crying easily? | | | | | | | | | | | | | | |
| Have you been feeling worthless empty or bored? | | | | | | | | | | | | | | |
| Have you been avoiding contact with your friends or with your family? | | | | | | | | | | | | | | |



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| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Have you been feeling like you want to be left alone? | | | | | | | | | | | | | | |
| Have you been feeling fatigued even if you had enough rest? | | | | | | | | | | | | | | |
| Have you had problems concentrating on your studies or when reading? | | | | | | | | | | | | | | |
| Have you not been focused on what was happening around you? Are you often lost in your thinking? | | | | | | | | | | | | | | |
| Have you been feeling sluggish and tired? | | | | | | | | | | | | | | |
| Have you been having difficulties remembering things? | | | | | | | | | | | | | | |
| Have you had nightmares and bad dreams? | | | | | | | | | | | | | | |
| Have you been using drugs? | | | | | | | | | | | | | | |
| Have you been smoking? | | | | | | | | | | | | | | |
| Have you been drinking alcohol? | | | | | | | | | | | | | | |
| Have you been having difficulties in making decisions? | | | | | | | | | | | | | | |
| Have you been feeling as you lost any interest in the future? | | | | | | | | | | | | | | |
| Have you had thoughts of death or suicide? | | | | | | | | | | | | | | |
| Have you thought about wanting to go to sleep and not wake up? | | | | | | | | | | | | | | |
| Have you been putting yourself down or making negative comments about yourself or being excessively critical towards yourself? | | | | | | | | | | | | | | |
| Do you think no one likes you? Do you think everyone is against you? | | | | | | | | | | | | | | |
| Do you feel very worried to make mistakes or to look foolish? | | | | | | | | | | | | | | |
| Do you see yourself as no good? | | | | | | | | | | | | | | |



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# Table to use if you do the test online

| Day number | Actual date | Score | No depression | Mild depression | Depression |
|---|---|---|---|---|---|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | | | | | |
| 11 | | | | | |
| 12 | | | | | |
| 13 | | | | | |
| 14 | | | | | |





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# A solution that works here!

In this chapter I'm going to talk about a solution to teenage depression. I describe it in my ebook "Escape from Teenage Depression" as well.

If you haven't got a copy of this ebook yet, you can download it here:
http://depressionteenshelp.com/media/Escape_from_Teenage_Depression.pdf

Refer to it for a full explanation of the reasons that took me to choose this solution.

## A long search

I have been searching the web for quite a long time to find a program that could help depressed teens to escape from the jail of their depression.

After years of studying psychology, I became quite selective.

Let's see what criteria I've used to choose a good program.

## My requirements

### Based on the power of beliefs

As discussed in my ebook "Escape from Teenage Depression", depression is caused by the destructive power of some beliefs we develop about ourselves and how we see the world.

One of them, the most important one, is that we see ourselves as bad and unacceptable. This belief guarantees that we suffer. Because of this suffering, when something bad happens in our life, we can become depressed.

So, I wanted a program based on the idea that to solve depression we need help to replace negative beliefs about ourselves with positive beliefs. Doing so, we neutralize the hurtful power of negative beliefs, and escape from depression.

### Based on the Archetype of the Great Mother

I talk, in my ebook, about the Archetype of the Great Mother and its importance in every successful plan to escape from depression.

I wanted a program that recalled this archetype in some way.

### No subliminal programs

The program that I wanted was not to be based on subliminal messages. These sorts of message are barely audible and are supposed to be learned unconsciously. I think that they are not effective.

## Main features





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The program that I have found is called **Freedom from depression**.

It's based on the **power of beliefs**. It includes **148 positive beliefs** that will help to repair the damage caused by the negative beliefs.

The creators of this program **researched deeply to find the beliefs** that are effective with depression.

The **carefully chosen music** and the **soothing voice** of the woman reading the affirmations recall the Archetype of the Great Mother.

In my ebook, in the chapter titled "The archetype of the Great Mother", I tell the story of Mysha and Denise.

You can imagine that the woman reading the affirmations is Mysha. This will be helpful.

Another point in favour of this program is that it's **not based on subliminal messages**.

On the contrary, you hear everything, the speaking voice is very clear, and this is good for those who have impaired hearing.

Those who have impaired hearing and those whose first language is not English, will benefit from this clear voice and from the transcription of the affirmations as well.

The program comes with a **complete manual** and a **six-months warranty**. This latter is quite remarkable.

Last but not least, a learning method called Suggestopedia has been used. It will make the learning process **faster and deeper**.

You aren't learning history, mathematical formulas or foreign languages. You are learning new beliefs to replace the ones that made you depressed. Nevertheless, an accelerated learning method will be an advantage.

## How to get it

To get your own copy of this program follow these steps:

1. Switch off the audio of your computer if you don't want others to hear. The website you'll visit will welcome you with an audio message.
2. Click on the link you find below.
3. Read carefully the entire page to learn about all the programs offered on that website. On the right you have some testimonials as well. Have a look.
4. At the bottom of the page you will find this text: "Click here to enter the catalog..."
5. Click on it and you'll have the catalog of the programs in front of you.





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6. Find the program called “Freedom From Depression Now!”
7. Click on it.
8. Read carefully the page to learn more about the program “Freedom From Depression Now!”
9. If you have any questions, contact me using my contact me page.
10. Now you can buy the program on the same page or you can call them and place the order by phone.

Click here to start!

## What you get

While you wait for your CDs to arrive by mail, you’ll get an email with the transcription of the 148 affirmations. Begin to familiarize yourself with them.

Later on, you’ll get a second email with the manual. Read it carefully and begin to think about how to use the program.

Will you listen to the CDs first thing in the morning? Last thing in the evening? During the day? Will you read the affirmations, write them out?

The two CDs contain four learning sessions. Each one of them lasts about 25 minutes. You can listen to all of them every day or just to one of them.

You can take advantage of the **assistance** of the creators of the program as well as of my **assistance**. You can contact them using the email address they will include in their email. You can contact me using my contact me page.

## How to use it

The biggest problem to overcome is resistance. It may look crazy, but we resist escaping the jail of our depression.

The voice of your depression, so to speak, will tell you that the affirmations you are listening to are rubbish.

It will tell you that you don’t deserve happiness and that it’s better for you that you stay depressed.

Don’t believe the voice of your depression. Keep listening to the program. Every day, at least once a day.

No matter how strong the voice of your depression might be, you keep listening to the program.

You will begin to realize some change after three-six months. Keep listening even longer. I recommend using the program for at least one year. Later, you may keep listening to it for the pleasure of doing something nice to yourself.





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Remember that this program is perfectly compatible with any other sort of therapy. You can use it while taking psychotropic drugs, doing talk therapy or any other sort of therapy.

It will accelerate your escape from depression.

You can use the program to prevent depression as well.

Remember that we, the ex-depressed, are here waiting for you to blossom again.



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