



Podcast Episode 225
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“How to Overcome Depression and Choose to Be Happy”

David Loy: Hi and welcome to *In the Loop* with Andy Andrews, I'm your host David Loy. Andy how are you today?

Andy Andrews: I'm good David, how are you, how's Matthew?

David: I'm fantastic, we're terrific. Matt is punching the buttons and doing everything that he does on this side, to make us sound like we know what we're doing.

Andy: People were asking about you in the airports.

David: Just random airports all over the county?

Andy: Yeah, yeah, it's hilarious. I was somewhere the other day and I ordered room service. This guy comes in and he's bringing in my hamburger or whatever it is I've got. And it's so funny because he just, you know how they do, they, Mr. Andrews, may I come in? And I say, yes, you can, please come in. And call me Andy, Mr. Andrews is my dad. And he kind of laughs you know. So he comes in and said, where would you like this? I said, just put it over here on the desk, I got the computer up, I'm working, just put it right there. And so he puts it down. And he says, we have your cheeseburger and he list the thing up and he says, and we have your Caesar salad, there is your diet coke. I said, ok, thanks, thanks very much. He said, how's David? I said, excuse me? He said, how's David, I enjoy your

In the Loop podcast. Like out of the blue you know. And I'm like, well David's good. Is Matt doing well? Yes, yes, Matt's good. How's S.B.? She's fine. Polly and the boys fine? Yes, yes, they're great. And then at this time I want to say, I think you need to leave. It's very funny, it's just like, and here's your Caesar salad, how's David?

David: That is so funny. That's crazy. Well I know you love doing this, we love the opportunity to do it, and it certainly sounds like people are getting some great benefits from the podcast so we did have a couple of emails recently about past episodes and just the impact that it's had on people's lives. So it's always nice to hear when the content is meaningful to people. Not that, I know that you're not looking for validation, but it is nice to hear when something really resonates with people.

Andy: Yeah, and I love doing this and I enjoy, I had to go back into the archives to look at a couple of different, to find out which one that was. Because people ask me about certain episodes sometimes and a lot of times teachers will approach me and ask me. And so I had to go and look, so it's episode 61 is the one, the one where that teacher, the teacher from California, who is just awesome on that. So people continue to listen to episode 61. And there's a bunch of others that I had to kind of figure out, like which one is that, so I can tell people?

David: Absolutely. And you're right, there's now 220 + episodes of this show, so there's a lot to remember. It gets tough to remember which one is which for sure. And that reminds me, I want to tell people, we released, I say we, it was you, you released a blog post last week for the first time in many months.

Andy: Are you just rubbing it in? You just trying to make me feel bad?

David: No, I'm excited.

Andy: Hey Matt, hit him or something.

David: He's across the room, he can't reach me.

Andy: Just throw something at him, a piece of paper or something. I mean, I'm trying to live my life here dude.

David: I understand and that's fine but that's the kicker, that's a perfect segue and we didn't even plan this. But the title of it was, balancing work and family, three tips for high achievers and entrepreneurs, and you released that, like I said, last week. And it was, the response on there was terrific. So I know that podcast listeners would enjoy that read. It's fairly quick read so hit up andyandrews.com, scroll down and it should be the first, well by the time people listen to this, it might be the second, but it should be on page.

Andy: Yeah, and I'm getting a lot of things, a lot of really cool things in order. In the past couple of years, I've really been scrambling, learning some stuff and just very excited. But it's also taken some time from some of the extra writing that I like to do. So anyway, I'm back on it and we're going to release a lot of blog posts and just kind of start talking back and forth with people a good bit. And I'm just amazed at how things are gearing up now toward, because I've got a bunch of people that I'm working with and helping, and they're just getting such unbelievable results, just makes me excited. I feel like a Christmas morning every time I wake up.

David: Exactly. And I know, we've talked about some of the exciting stuff that are coming out later this year. So stay tuned. If you're a regular podcast listener, thank you for being with us but also stay tuned, watch your email for some exciting announcements that are coming out. And make sure you're checking out those blog posts that are coming out now every week, I guess, we're going to try and release one. But that balancing work and family, that's a great post so go to andyandrews.com to check that out. Alright Andy let me stop blabbing here and let's get to this week's question. This one came in from Sidney.

Andy: Australia?

David: Well possibly. Just a person Sidney. So let me read this to you and this is actually a topic that I know either.

Andy: A high school, Sidney Lanier, in Montgomery.

David: Could be that as well, I'm not sure. But this is actually a topic that I know a lot of listeners are either dealing with themselves or you know somebody that is dealing with this. So listen closely and we're excited to get Andy's thoughts on this. Mr. Andrews, as he says, I know you would tell him to call you Andy so, I'm about to turn 43, I've been diagnosed with chronic major depression. I have made a disaster of my life so far. And I'm on the brink of losing almost everything, my family, my marriage and my finances. I did recently complete *The Traveler's Gift* and I have started reading *The Seven Decisions*. First let me thank you for sharing your gift and your wisdom. I agree with all the seven decisions and I feel energized and hopeful on their application in my life. But I do have a question. Given my depression I do not feel in control of my thoughts nor am I able to choose to be happy. So how do I reconcile my depression with the seven decisions in this

context? How do I overcome this urge, how do I overcome these difficulties and search forward along a brighter and better path? Thank you again.

And Andy I know that's a question you have dealt with before and you've got some interesting thoughts on that.

Andy: Yeah, I tell you Sidney, I'm more equipped to answer you today than I was last week, than I was the week before. First of all, dude, I really am honored that you asked the question. I am grateful and I'm proud of you for, because I know when you're depressed, the last thing you wanna do is ask somebody anything about it. And so you know, you already proven a lot to yourself there. So good, good on you, congratulations to you. And I'm honored to be the one that, or one of the ones that you have reached out to. And so I'm gonna be as honest and direct as I can because I know that, if you like, if I don't have to feel like this for another, if I could like knock five seconds of the time that I have to do this off, I'm ready. And I know you are. And so I'm gonna not be tactful, I'm gonna ask your forgiveness right now. You've already given me permission to answer the question, and so just know that if something that I answer with, makes you feel odd or mad, just know that, that is a choice that you are making, ok. Because it's not my intention to make you feel worse or to make you feel bad. It's my intention to help you get better like right away, ok.

David: And Andy let me jump in real quick here, in case I have messed up. This comes from Sidney and I made the assumption that, that is a male, there's always the chance that, that is not a male so let me retract referring to Sidney as a him because we don't know, we only use first names here and so I'm not sure. In case it is a female, I didn't want her to be offended that we're referring to her as a male. Anyway go ahead.

Andy: Gotcha, ok yeah, well I was kind of turning in that direction. Ok, well let's put it like this, Sidney, I don't mean to make you mad, I'm talking a little softer now.

Here's the thing Sidney, I want you to be aware, very first, right before we even get started, of just how much control you do have, alright. And I'm gonna refer to that fact several times in what I'm about to tell you but I also want you to know that as we're talking here, you might begin to feel angry or frustrated with me or whatever, and just know that I want you to think, I want you to trust my heart right now, ok. And just know that my intentions are to help you like right away. So thinking that you would rather do it right away than me beat around the bush, I'm going to do that and I'm going to allow you to choose how you react or feel to certain things here. Now you said that you are diagnosed, ok, with chronic major depression. Now I have zero doubt that, that is the thing that exists, that that can be an imbalance, that can be something in your body, I do know that. I also, but knowing that, I also know that my own experience tells me that when I had a broken kneecap, there were times that it hurt more when I thought about it and times when it hurt less when I purposely kind of amputated my knee. I kind of got rid of that. And I decided I was going to concentrate on something else. And I was more or less successful. But the fact that I was successful at all in any degree lets me know that even though something is very real, how we deal with it, beyond the medication or whatever, is also very effective and very real. And so knowing that I have also experienced this, ok, now I have not ever taken medication for it but I have been depressed for a period of time but I think a lot of people have been depressed for a period of time. And I think a lot of times, there's good reasons that we get depressed. It's like you said, you've made a disaster of your life so far and on the brink of losing everything, family, marriage. I mean, good grief if that's true and I don't doubt it, then no offense, you are to be depressed. That sounds

like you are to be depressed. And so here's the thing now, the first thing I wanna urge you to do, is you read *Traveler's Gift* so for now, out down *The Seven decisions*, ok, put it down. I want you to get *The Noticer*. In fact, Matt, you know how to get up with Sidney, ok so let's, from the office, would you guys send her *The Noticer* and *The Heart Mender*?

David: Yes, we can do that.

Andy: Ok, send that, like right away, like now. I know we're recording this so she or he will get this before this even airs. So and put this in the note from the office guys, so that know when to hear us. Put down *The Noticer* and read, I mean put down *The Seven Decisions* and read *The Noticer* first then *The Heart Mender*, ok. And so here's the thing. A couple of things that I noticed in what you said Sidney. One is, you said, you have made a disaster of your life so far, ok. That's a good thing that you know that. I mean, not a good thing that is happening obviously, but it's a good thing that you know that I have made. I see a lot of times or I see people saying, my life has been one disaster after another, I can't do anything about it, it's just like one thing after another happen to me. You know, my mother did this, my father did this. But you right here, are stepping and saying, I have made a disaster of my life so far. Ok, you know, this is good news because that shows a responsible attitude, right, that's the second decision. It shows a responsible attitude, you're like, I have done this. Of it was somebody else who had done it, what are we going to do about them? I don't really know. But if you can look in a mirror and you can say, I've had some crazy things happen in my life, and I couldn't control any of them. I've had tragedies in my life, I couldn't control any of them. But I have made choices in response to those crazy things and I have lead my life right down a path to a place that it's a disaster. If you can understand and believe that then you can also understand, that if you understand that you can make choices that will lead your life down a path to where it ends up

a disaster, then it's pretty easy to believe and understand that you can also make choices that would lead your life in another direction. And then lead your life to great things, ok. And so the trick now is to make those different choices. Now choices come from your thinking. You're doing a great job already because you're reading, you're reaching out. You know, you say, often given my depression. I remember David reading this.

You said, often given my depression, you didn't feel in control of your thoughts. Ok, let me assure you, oh yes you are. You may not feel in control of your thoughts but your feelings are a myth, ok. You have been created with a will that is stronger than your feelings. You've been created with a will that is stronger than your emotions. You can choose what you do despite how you feel. How many times have, we hear people, that's just who I am. Well if you say that. Well I don't care, it's just how I am, that's the way my mother was. And somebody would be in the house and they're like, I told you, I can't tell you how many times I told you, and if I have to tell you this, and the phone rings and we go, hello. Right, I mean. Immediately we will change how we act, immediately. For somebody that we don't even know who's on the phone, ok. And so to say that we can't change how we act and how we sound. And so it's the greatest lesson. And Sidney you're probably like me, you're an adult having to learn this. I am determined because it took me years to even figure out that I needed to learn it and then took me years to really kind of get after it. And now I can explain it to people and they can get it down quickly. But if there's one thing that I want to make sure that my boys are good at before they leave this house, if there's one thing, I mean, this is more important than a degree. This is more important than, literally anything for their success as human beings, is for them to understand that they can choose how to act despite how they feel. And that how you act has great bearing on how you feel. And if you don't believe it, you know, just go, sit in a chair by yourself, in the

corner and stare at a wall and slump down and let your back slump and let your neck slump. And take very shallow breaths and sit there for an hour. See how you feel. Get up, see how you feel, ok. And then on the opposite end of that spectrum, we know that we can make ourselves act a certain way. See here's the thing. When I first started dealing with depression in my own life, you know, depression in a little child is tough, because they don't know what is happening. You know, the first time, I mean, think about this, first time a kid gets sad, I remember Adam coming to us one time and saying, I'm kind of sad, you know, I'm just sad. And we talked to him and when he went away, Polly and I say, gosh, he's depressed, it's the first time he's been depressed. So he's just kind of depressed. But a kid doesn't know what that is, but see you, you Sidney, you have a history of it. Not that you're afflicted with anything or anything like that. We all have a history of it, we know what it is, we know what it feels like, we know how when we wake up in the morning and when you went to bed, everything was fine. You wake up in the morning and you go, oh, wow, what is that? You just kind of feel, you don't really know why and you don't really. And sometimes, I mean at least, at least Sidney, you've made a disaster of your life. At least you know why you're depressed, ok. I mean, seriously there are a lot of people, and I'm sure you probably have too, I've dealt with depression before I even know I was depressed. Everything was kind of fine. Everything was fine, the boys were happy, Polly was happy, money wasn't a problem. You know, the career was fine. And I was kind of at rest. And so if we know for sure that we can deal with depression in those times, then we surely know we can deal with depression when we have a reason to be depressed, ok. Didn't that make sense David?

David: It really does. Absolutely.

Andy: I mean, it sounds kind of crazy but it makes sense. So here's the thing, when I first started dealing with that in myself, knowing that I could choose how I act, despite how I feel, and knowing that I can act in a certain way, I can act in a certain way that'll make me feel down, that'll make me feel physically bad. I'll start to feel kind of mentally bad, I can do that. Then I also know that I can do the opposite, alright. And so when I first started dealing with that, I realized that another thing is, I had a history of it. We all have a history of it, we know what it is. And we know what it feels like to be depressed. Everybody listen to this, everybody listening here knows what it feels like to be depressed. And everybody listening to this knows what it feels like not to be depressed. So in our lives, oddly, we have kind of gone back and forth, so here's the thing. When you look at the history of it, you realize that, that are certain things that if you lay out a scale, if you lay out 1 to 10 scale in front of you, and I told you, ok, you gotta mark this scale, every time I throw something at you, every time I throw an activity at you, I want you to mark, on a scale from 1 to 10 if that makes you sad, if it makes you happy, happier, if it makes you ecstatic. If it makes you jump up and scream with laughter. If it makes you just immediately fall on the floor and vomit and cry. I mean, you would have a scale of stuff. And so you know the things, you know the things that are 7,8,9,10's, there is, just like, when music comes on that everybody scrambles for the radio and go, cut that off, cut that one off, everybody's sick of that song. You know that there is a song, there's several songs that when you hear them, you're like, oh right. I mean, I live in a state, I live in a state, in Alabama where there are people, you can put a 100,000 people somewhere and if somebody goes, tan tan tan, the whole place would go insane. And so there are songs that you know, that you like, and they make you feel happy and they make you feel fun and they make you smile. Ok, now watch this, play those songs, ok, play those songs. You know that there are things that you, there are television shows that if you watch that television show it makes you laugh. There's television

shows that if you watch they make you a little melancholy. And so there's books, there are people who are around, I mean you know that there are people who you can be around and every time you're around them, it is just so much fun, it's just so. I mean, Mike Jakubik is like the funniest human on the planet to me. And I sometimes, I leave and my friend Mike Jakubik, and I'm like pushing my jaws, like oh God, my jaws are hurting. Because I've laughed so hard. And Mike, I mean, he can just make me laugh.

And so you know, there are people like that. And then there are also, I mean, I'm not gonna say, but they don't, I can guarantee they don't listen to this podcast but there is couple of people in my life that, you know how you have the cell phone thing, you know, certain rings for certain people. You know Polly has always loved Bewitched, so when Polly calls me, the Bewitched theme song plays, ok. You know, when Mike Jakubik, it's the Looney tunes, da da daaa. But I have a couple of people on there that I'm not gonna be around, I'm not talking to them, because they're just like, oh my God, it's just a drag. But you know what the ring tone is for them? *I see a bad moon arising, I see trouble on the way*. And so, you know, I ain't picking up the phone. So Sidney choose what you do. You know if you're feeling bad that laying on the couch, with a gallon of ice cream and turning on Jerry Springer is not a prescription for feeling better, ok.

So I wanna tell you a couple of things that will make you feel better. Here are a couple of things that will make you feel better. Is to learn to smile while you talk, learn to smile while you talk, make that a habit. And just make it a habit. And smiling while you talk is a learned thing, it is a skill, it's not a talent. Very few people do that. I have seen some people who do it that I think it's kind of a natural thing but it's, for most of us, for me, it's a learned thing. So go look at yourself in the mirror, every time you're in the bathroom, talk to yourself, five or six seconds, just talk to yourself. And I'm not saying look like the bozo the clown or stretch

your lips over your ear, just raise your countenance, get your eyebrows up. Get the corners of your mouths up and smile while you talk. And learn, you look at yourself as you talk, because I want you to look like you want to look, I don't want you to look like an idiot. I want you to look like you want to look. And I want you to smile while you talk because people will treat you totally differently. Here's another thing, as you're walking around, as you're going in places, you're in stores, as you're in different places, I mean, see here's the thing I find about myself when I'm depressed. When I'm depressed, I am concentrating on me, I am really thinking about me and how I feel and why I feel this way and how I got this way, and how I used to feel and what I hope I don't feel. Just concentrate on me. And so I need to look around. I need to get out and look around. And so as you look around, as you interact with people, look for things that you can find that are great about them, ok. Look for things that you can find that are great about them. And I want to tell you one of my favorite conversations that I had. And a little heads up here, if you're, whether you're a man or a woman Sidney, if you're, well you're 43, you're an adult, so if you're a man, if you're complimenting a woman and say, that's a great necklace, you always want to say, that's a great necklace, my wife would really like that, ok. And the reason you wanna say that is because you don't want them think you're hitting on them or that you're a creep or whatever. That you really do think that and that you're also thinking about your wife so you must be a nice guy. And so, but I'm saying, you'll start to put people at ease, you'll start to compliment people. But here's one of my greatest conversations. I just love having this conversation, is I'll see kids with their parents and I'll see this little kid, now I give my children's books away, a lot. I'll see them on airplanes, I'll see them and say, I'm guessing you have a children's book to give away. But I'll have these conversations, I'll see this kid and I'll say, hey, is that your daddy? And they go, it is. And I'll say, it looks like a good daddy to me. He is. And I'll say, well you take care of your daddy man. Not everybody

has a great daddy, looks like you've got a good daddy, take care of him. And smile and he would kind of smile, look at his dad and dad loves it, you know.

Hey, hey kid is that your momma? Hey it looks like you've got a great momma. You know, my wife is a good momma to our boys, and it looks like you've got a good, not everybody has a good momma. Or that's your mom and dad? And I love saying, hey is that your mom and dad? Well you've got a great parents. How old are you, you 9, you married, not married? Ok, so you're probably gonna be around for a while. Need to take care of those parents, take care of them man. And you know, you can get kids laughing and the parents laugh. And find ways to create value in other people, ok. Find ways to create value in other people. You know, what do you do for a living? And when they say, I mean, whatever it is they say, you can find value in it. And one of the greatest things is to find, is to talk to a younger person and ask what their parents do. And find value in what their parents do to that child. Because a lot of times they see it as, whatever they see. What does your dad do? He works on cars. Oh so he's a smart person ha. What do you mean? Well, I mean, your dad must be very intelligent, I mean, can you work on cars? No, I can't. Yeah, neither can I. I mean, when I open up the hood and I see all that stuff in there, I'm lucky if I can put gas in a car. But your dad, your dad can open up the hood, he knows where everything is. Not just on that car, on that car, on just like most cars. Do you realize how much our world depends on your dad? And the fact that your dad is smart enough to take care of that. I mean, let me tell you something, your dad, sometimes I need your dad like now and your dad is like, yeah, well I can do it now, I can do it tomorrow. But I am waiting for your dad. I don't know what you think about me, I don't know what you think about that doctor over there, but we all, we all owe your dad. Because your dad is smarter than we are in that area. But I'm saying Sidney, if you can start to figure out ways to put huge value on other people and tell them,

tell them what to do. Now you get around people who you know and tell them what they have done, for you, you know.

David: Yeah, and that's a mind shift. A lot of times these questions are sent it around the internal, they're focused on me and I think this is a good opportunity to shift the perspective as you so frequently do, and have people focus on others and then doing that, that raises your own moral. Gets your energy going, makes you feel better. Sidney I hope that that's a good answer, I think it is, I think there's a lot of great content Andy, in what you just delivered. So thank you so much for sharing your thoughts. Sidney thank you for a great in depth question. If you have any thoughts on this topic or if you'd like to ask Andy your own question and get involved in this conversation on future episode, you could do so by emailing us intheloop@andyandrews.com. You can also give us a call 1800 726 2639, leave us your first name, where you're calling from and then ask your question. And we will try to get to that on a future episode. Alright Andy I think we're just about done here but thank you again for taking the time to answer that question. And we will talk to you next week.

Andy: Alright buddy, thank you.

Would you like to run something by Andy? Contact us and your question might be featured on the show!

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