



## “Am I Blue?” – Using the Innerwife to cope with Spousal Depression

The Innerwife and its counterpart Innerhusband are tools that can truly enrich relationships across the board. In numerous relationships, there is a silent destroyer of love and marriages – depression. Such an illness is often overlooked by couples as incompatibility and pushes both the suffering spouse and the “healthy” partner to opposite ends. But there is hope.

### Using the Innerwife to cope with Spousal Depression

**Learn About It** – The more you know about the struggles of your depressed loved one the better. You’ll know about the symptoms, you’ll know the signs of good moments and bad ones. You’ll also learn that this is an ailment, an illness they’re suffering from and one you’re facing with them.

**Love Them** – When someone is suffering with depression, they’re drained, they’re hurting and their very perspective is skewed, shifted and sorrowful. The thing they need most, aside from understanding, is love. Do your best to dig deep and give love to this person.

**Know when to Press On and when to Back Off** – As you learn more about depression, anxiety and other related mental and social disorders, you’ll be able to recognize “triggers” and particular moods. “Triggers” are stressors, events which can bring to the surface or worsen a current run with depression. You’ll know when to press an issue and when to leave a situation alone because they’re struggling at the time.

**Do What You Can** – Help your depressed spouse but realize that you’re only human. You yourself and by yourself can’t love this issue away. Nor can you do everything all the time. You’re more than likely handling much of the household chores, social expectations, house management and even raising the children. You’re bound to let a ball slip while you’re juggling so much.

**Take Care of Yourself** – While you’re worrying about your beloved, realize that you yourself are at risk. By expending more energy than a typical spouse in a non-depressed relationship, you are a candidate for burn-out. Do the things you like to do even if you have to do them alone. Go to places that energize and invigorate you. While it may seem selfish, you cannot do anything to help your marriage if you are also drained like your depressed spouse.

**Seek Professional Help** – Do your best to get your spouse to therapy. Counseling CAN make a difference for both of you. Believe it or not, you also need to seek therapy as you’ve probably built up levels of anger, resentment and doubt in your marriage. Counseling can also give you a soundboard for venting those feelings that you could never say to your besieged husband or wife.

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