

# **Congruent Depression**

In this video, we introduce the concept of “congruent depression,” or a depression that is appropriate for our circumstances as opposed to a malfunction of the mind. Sometimes, our depression is caused by a genuine lack of purpose or feeling like our life is missing something important. Clinical depression requires treatment, whereas congruent depression involves making a genuine change in your life. As we tease apart these two concepts, we’ll begin to see how tackling each one is different.

## **Glossary**

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