

# Cognitive Depression

In this video, I'll explain how the mind of someone who is "depressed" is different from a "healthy mind" and explore the origins of low motivation in the depressed mind. The depressed mind is focused on the past, experiences regret, and is inflexible, which is characterized by negative self-attitude, or a perception of self that is worthless, powerless, and hopeless.

## References and further reading

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- Owens, T. J. (1993). Accentuate the positive-and the negative: Rethinking the use of self-esteem, self-deprecation, and self-confidence. *Social Psychology Quarterly*, 288-299.

## Meditation Videos



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