

THE JORDAN HARBINGER SHOW

Worksheet for Kristen Carney | Why Depression Isn't Just Your Own Battle (Episode 124)

Kristen Carney may not be a household name (yet!), but she's lent a hand to lift at least a few people you may recognize: she's written and co-hosted for [Adam Carolla](#) and [Dr. Drew Pinsky](#) as well as acted in sketches on [Comedy Central](#) and [Funny or Die](#).

Kristen co-hosts the [Ask Women podcast](#) with our friend Marni Kinrys (who you may remember from [a Feedback Friday not long ago](#)), and co-hosted the [Mentally Ch\(ill\) podcast](#) with Stevie Ryan until Stevie tragically took her own life last year. In [this episode](#), we cover everything from travesty to tragedy.

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Make This List Now

If you suffer from any degree of depression, you already know that you have good moments and bad moments. According to Kristen, the best way to prepare for the bad moments is in the good moments. Her recommendation is to make a list of people of people who care about you -- *people who are there for you* -- and include *why* they're on the list. Make this list a manageable size and include contact information.

This will give you a handy guide of people to reach out to when you're in a dark place and feeling overwhelmed by it all.

The next step is to prepare these people and let them know that you might reach out to them when you're in the middle of a dark time. This might make you feel like a burden, but Kristen says: "I think people want to be of service more than you think they would."

If this applies to you: make the list and reach out to those people. It won't take that long and could be a major help.

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Finding a Therapist

We could all benefit from a little professional therapy -- especially those of us battling depression. Kristen's best piece of advice was to "be persistent." She says it's like finding a job: "you have to be your own champion." That means make the phone calls, make even more phone calls, and get your questions answered. Ultimately, no one else is going to do this for you.

The problem is that you'll be least motivated to do this when you are at your lowest, so seize those moments where you aren't feeling so overwhelmed and have some motivation. Also, realize that not every doctor is great and you might have to see more than one to find someone who is a good fit.

Outline the process of finding a therapist. Do you have insurance? Or are you paying cash? Are you looking for a therapist who you can pay on a sliding scale? Do you need a therapist with a specialty like trauma or addiction treatment? Are you looking for a man or a woman? Prepare this list so that you can keep yourself accountable as your best advocate in the process.

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Talking to Other People

Kristen thinks we should all be more knowledgeable on depression -- *and dealing with depressed people* -- so that we all can get better at helping each other.

“Both sides need to be more educated on how to talk to each other about depression,” she says about those who are depressed and those who have depressed people around them.

For those with depression, she recommends starting with a forum, or message board, like Reddit. You can be anonymous and you’ll learn how to better articulate your feelings. This practice will help you when it’s time to talk to people in your life when you are struggling. For those with depressed people in their lives, Kristen says to remind yourself that the person is struggling with something real and it’s not because they’re being lazy.

Which side are you on? How can you incorporate Kristen’s advice into your life?

Full show notes and resources for this episode [can be found here](#).

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About



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We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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