

Clinical HeartSync Worksheet for Depression

When working with depression using the Clinical HeartSync Principles, please consider the following roots of your symptoms. You don't need to just cope with depression for the rest of your life – there is a very good reason that you feel the way you do and HeartSync has some tools to help you to identify some of the root issues that are behind your depression in order to better equip you to fight back! Below are some areas to explore and journal.

**For those not utilizing the Christian faith in these exercises, please substitute asking God, with asking yourself the following questions and then wait quietly to hear what comes up inside.*

1. **Hopelessness:** is a key component of depression, and a very common symptom that HeartSync will often categorize as much more than just an emotion that you feel. Oftentimes “hopelessness” is more of a defense mechanism and we use it to in our Guardian parts to help protect us from feeling further let down and disappointed. We can sometimes use hopelessness to adopt an internal belief system around the negative thought that “nothing will ever change”, and we then agree with this thought inside our selves to protect us from any further emotional pain. Though this hopeless stance may seem to protect our hearts, it actually keeps us stuck.

Mediation Exercise: Ask God to show you if you are using “hopelessness” as a defense in any area of your life, and if so, ask Him to show your Guardian if there are any better ways that He would like to show you to protect your emotional heart?

2. **Victimization:** This is also a defense mechanism that our Guardian parts often utilize to protect our emotional heart. Using the defense of Victimization has many times kept a person stuck in depression. Many of our traumas teach us that we are powerless over our environment which may have been true at the time of the trauma. However, when we see ourselves as victims thereafter, we often give up the right to make our free-will choices which is what healing and HeartSync is all about! Our example of victimization is if you were in a car accident that you did not cause, but stayed in the car without reaching out for help by calling 911, it would not be the accident alone but the lack of taking action that could lead to your death.

Mediation Exercise: Ask God to show you if you are using “victimization” as a defense in any area of your life, and ask God if there is a better way to protect your heart and any action He wants you to take to move forward?

3. **Spirit of Heaviness:** We read about the “spirit of heaviness” in Isaiah 61:3 of the Old Testament. Most Bible translations do not give the word “depression” but describe its symptoms in many other ways, with this reference to a “spirit of heaviness” being one of them. If you are feeling heavy, weighed down, lethargic, like you have no motivation and no fuel in your tank to continue, then you may have come under a spirit of heaviness. The word “spirit” refers to more than an attitude or feeling, but it refers to a spirit force that we address in prayer, as you have heard about in the HeartSync Orientation Video. Our prayer to address this heaviness comes from Bible verses in Zechariah 3:2 and Jude verses 8 and 9, that says “The Lord rebuke you spirit of heaviness”.

Meditation Exercise: Pray the following and notice any shifts inside big or small in what you experience: “Lord God, I pray in agreement with your word in Zechariah 3 by saying to the spirit of heaviness that is bringing or enhancing my sense of depression, “The Lord Rebuke you, the Lord God who chose me and chose Jerusalem rebuke you, rebuke and put in full restraint the spirit of heaviness.”

4. **Level 1 Attachment Pain:** The HeartSync model references Dr Jim Wilder’s “*5-Level Control Center*” of the brain with level 1 being the thalamus which helps to regulate dopamine and determines who I am attached to and what is personal to me. If a secure attachment did not develop at this level early in life, then life is a painful and often depressing existence. “Type A Trauma” which is trauma that comes from the absence of what you needed emotionally, is housed here in the thalamus and is a root cause of feeling the symptoms of depression. We do trauma release in HeartSync for this deep attachment pain starting with identifying and validating that it is there.

Mediation Exercise: Will you ask the Lord to come near to your Emotion Core including your thalamus that holds your attachment pain, and to show you what Type A Trauma you may have experienced, and ask Him to release this pain and let it flow directly to Him?

5. **Emotion Extension Parts:** Dr. Wilder’s level three of the brain which we call “Emotion” is the place where past wounds, trauma, and pain are stored sometimes in what we call “pockets of pain” or in “little ones” which are extensions of our Emotion parts. Our past emotional pain unresolved is often experienced as depression and relief is felt when we release pain from our anyplace inside that is holding that pain. We teach in HeartSync that our Emotion part houses unresolved pain, but that there can be fragmented parts of our heart that house this pain that we call Extensions, or pockets of pain that have separated from our core Emotion and are then largely unconscious to us.

Mediation Exercise: Will you ask the Lord to come close to any extension of emotion inside that may be carrying heaviness and pain that you are not aware of? Ask Him to come close to any little places inside, or any pockets of pain even if you are not aware of them inside?

6. **Separation from True Self:** Our True Self in HeartSync is located in our Prefrontal Cortex and carries our sense of who we are and that we are valued and loved. Our True Self part of our heart though, has often been hidden away if you have not felt safe in your life. Often our experience of having depression has to do with low-self esteem or lack of positive identity, so in HeartSync we want to ask the Lord in prayer to connect you to your True Self part and hear what He has to say about True Self.

Meditation Exercise: Will you ask the Lord to come close to your True Self and show you whatever He wants you to know about your true identity and who you really are?
