

CONTENTS

Introduction: Lord, the One You Love Is Sick ix

Depression

1. Anhedonia: Lord, the One You Love Feels Nothing 3
2. Irritability: Lord, the One You Love Is Annoyed
with Everything 13
3. Fatigue: Lord, the One You Love Is Tired 21
4. Hopelessness: Lord, the One You Love Doesn't Want
to Go On 31

Anxiety

5. Anxiety: Lord, the One You Love Is Worrying 43
6. Social Anxiety: Lord, the One You Love Is
Self-Conscious 51
7. Obsessive-Compulsive Disorder: Lord, the One You
Love Is Battling Intrusive Thoughts 59
8. Scrupulosity: Lord, the One You Love Has
Religious OCD 67

Trauma

9. Post-Traumatic Stress Disorder: Lord, the One You
Love Feels Helpless 77
10. Dissociation: Lord, the One You Love Is
Feeling Detached 85
11. Self-Destructiveness: Lord, the One You Love Is
Hurting Themselves 93
12. Loneliness: Lord, the One You Love Is Isolated 101

Relationships

13. Resentment: Lord, the One You Love Is Keeping Score	111
14. Feeling Stagnant: Lord, the One You Love Is Going Nowhere . . . Fast	121
15. Manipulative Relationships: Lord, the One You Love Is Being Exploited	129
16. Abusive Relationships: Lord, the One You Love Is Being Harmed	139

Grief

17. Heartbreak: Lord, the One You Love Is Crushed by Grief	151
18. Joylessness: Lord, the One You Love Doesn't Even Want to Feel Better	161
19. Powerlessness: Lord, the One You Love Feels Weak	169
20. Substance Abuse: Lord, the One You Love Is Self-Medicating	177
Conclusion	185
Acknowledgments	189
Resources	191
Notes	193