10 Things to Never Say to Someone with Depression

#1 “Don’t think about it.”
#2 “Just think positively.”
#3 “Be grateful.”
#4 “No one ever said life was going to be easy.”
#5 “It’s all in your mind.”
#6 “Stop feeling sorry for yourself.”
#7 “You don’t look depressed.”
#8 “I know how you feel—I’m sad, too.”
#9 “What do you have to be depressed about?”
#10 “You need a hobby.”

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