

# How Depression is Expressed Differently for Women and Men

Magnetic Depression (Female)	Dynamic Depression (Male)
Blames herself for problems	Blames other for problems
Feels sad and tearful	Feels irritable and unforgiving
Sleeps more than usual	Has trouble sleeping or staying asleep
Vulnerable and easily hurt	Suspicious and guarded
Tries to be nice	Overtly or covertly hostile
Withdraws when feeling hurt	Attacks when feeling hurt
Often suffers in silence	Overreacts, then feels sorry later
Feels she was set up to fail	Feels the world is set up to fail him
Slowed down and nervous	Restless and agitated
Maintains control of anger	Loses control of anger
May have anxiety attacks	May have sudden attacks of rage
Overwhelmed by feelings	Feelings blunted, often numb
Lets others violate boundaries	Maintains rigid boundaries, pushes others away
Feels guilty for what she does	Feels ashamed for who he is
Uncomfortable getting praise	Frustrated if not praised enough
Accepts weaknesses and doubts	Denies weaknesses and doubts
Strong fear of success	Strong fear of failure
Need to “blend in” to feel safe	Needs to be “top dog” to feel safe
Uses friends, food, and “love” to self-medicate	Uses TV, drugs/alcohol, sports and “sex” to self-medicate
Believes her problems could be solved if only she could be a better _____ (spouse, co-worker, parent, friend)	Believes his problems could be solved if only his _____ (spouse, friend, co-worker, kids) treated him better
Wonders “Am I lovable enough?”	Wonders “Am I being loved enough?”

\*Taken from Irritable Male Syndrome by Jed Diamond

## Love Isn't Enough

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