

**The Cycle of Depression**

Stage 1  
Normal

Stage 2  
Triggers & Stressors

Stage 3  
Victimization & Powerlessness

Stage 4  
Anger & Depression

Stage 5  
Sense of Helplessness

Stage 6  
Isolation & Withdrawal

Stage 7  
Revenge Planning

Stage 8  
Self-Destructive Behavior

Stage 9  
Abusing self or Others

Stage 10  
Disbelief

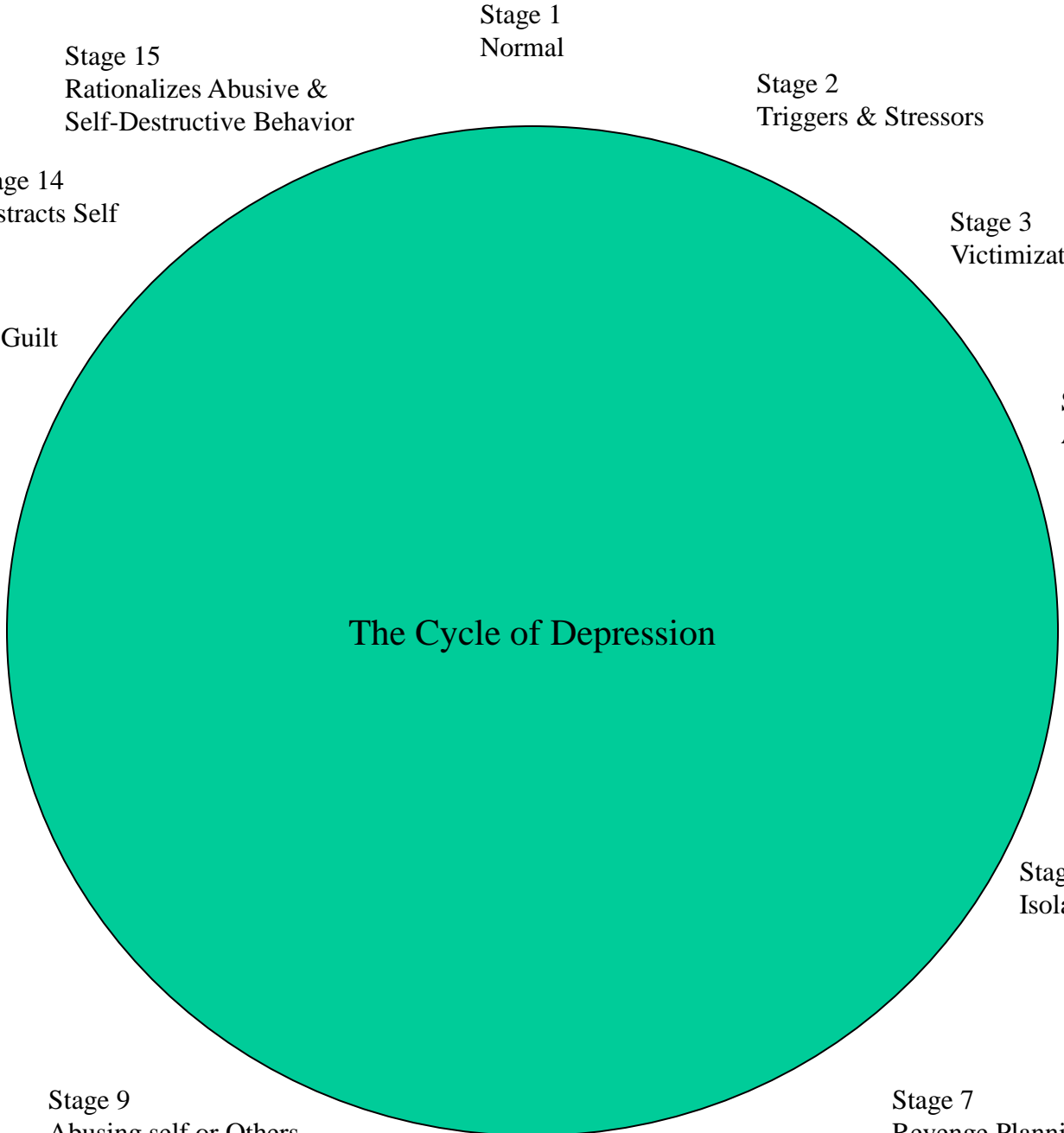
Stage 11  
Sense of Relief

Stage 12  
Fear or Concern  
about consequences

Stage 13  
Seeks Help, Sense of Guilt

Stage 14  
Distracts Self

Stage 15  
Rationalizes Abusive &  
Self-Destructive Behavior



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