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## Warning signs of depression

Everyone dreams of meeting their soul mate. Our brain usually encourages us in falling in love when we meet someone we connect by increasing the production of the Oxytocin hormone, also known as the love hormone. The production of oxytocin soon increases in a relationship and improves the feelings associated with the search for a new love. Eventually the report evolves, the moon phase of honey passes and the true personality of each person begins on the surface. It is normal that minor disagreements are transformed into main agreements, however, it is not normal that intense discussions become a daily event. Men and women develop their emotions differently, but they can experience the same thoughts when in a unhealthy relationship. The earliest alarm signs of depression include depressed feeling whenever it's time to spend time with your companion. Feeling betrayed, isolated and alone. Feeling as if you are losing your identity and losing attention to pursue your dreams. Feeling defenseless and how your companion is constantly trying to change you. Feeling as if you can't enjoy the things you will enjoy for fear of upset your partner. Feel the compulsion to explain your actions to your partner to prevent them from having a tantrum. Have little or no appetite or the opposite, constantly excessive. The extraordinary thoughts can manifest itself in a form of a mild or major depression, however, can often be masked by the psychological defense mechanism known as rationalization. The defense mechanisms are designed to protect our ego and rationalizing the negative behaviors of your mate that you are allowing to find a reason to stay in the report. When is the time to get help? When the feeling of depression begins to dominate your thoughts and feel like you're a battle in your head to try to keep your sanitary health. On one side more extreme, you should immediately seek help from a professional if you are having suicide thoughts, because death seems to be the only way out of the report. Couple consulting can be useful if you feel like the relationship can be saved and your feelings are not the result of domestic violence. Couple advice can be a way for every person to learn how to express themselves more effectively with the help of an impartial professional. Also, it can also be a time to reflect on your faith and look for comfort from your highest power. If you have tried everything to solve problems in the relationship and you still find you unhappy, it may be time to get away from it. Take the à €





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