

GETTING HAPPY VOL. 1

10 STEPS FROM DEPRESSION TO HAPPINESS

Sharon Velanne

**REVEALED - THE 10 STEPS I USED TO GET OUT OF DEPRESSION
IN LESS THAN SIX MONTHS WITHOUT MEDICATION OR THERAPY!**

dreamorator

10 STEPS FROM DEPRESSION TO HAPPINESS

LEGAL

Getting Happy Vol. 1
10 Steps From Depression to Happiness
By: Sharon Velanne

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This book is arranged for viewing in PDF format on the computer. When printing on paper, the fonts will be bigger.

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An Introduction and For Skeptics:

You never know whether or not it'll work for you but you'll never know until you give it a try. Sure you may be very skeptical but try something new. I encourage you to try it. It worked for me.

Other people use it all the time – to excel in their chosen fields all the time. Athletes use it all the time. Ever seen their lips moving after they've messed up a throw or a shot, and you can't quite make out what they're saying? That's probably when they're encouraging themselves to do better and then they come back and perform like the stars that they are. That's one of the ways that they got there. It enhanced their talent and hard work. It can do wonders for you too. So please give it a try. Everywhere you go, whatever you do, you can make it better, you can do it better when you give yourself the right instructions to get what you want.

Infact, don't take it on faith, don't take my word for it, instead test it out for yourself and then logically decide to accept it for yourself or not. Give it the acid test. You may follow the steps given and test it out in the situations that you are habitually uncomfortable in. Use it everyday when you encounter your situation or when you start to 'tell yourself the *truth*' about the situation. See for yourself. No matter how many 'proofs' I give you, it will not really serve to convince you until you see the results for yourself. You can do any of the Steps first but I recommend starting with Step 1. If you are still not convinced that Step 1 works then please do read the rest of the chapters in this book. **Will they still work for you?** Yes, but they would not work as effectively as they usually do, as they are

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all based on the foundation of Step 1. **Would you still get results from the rest of the techniques?** Yes you would. But maybe a small percentage (only 10-20%) of it than the people who use them along with Step 1.

No one came up to me and said that this is exactly what is needed to start off. I was depressed for almost 7 years. And I spent 4 years trying to figure it all out. Then I put it all together and practised it in my life and got out of my depressive phase and turned my life around inside six months. If it worked for me I'm convinced it'll work for you.

How Much Time?

I was someone who would not accept a far-fetched thing unless I could prove it to myself through an experiment. I still am somewhat like that. I need to try something and see some results for myself before I'll delve into something deeper. And it makes sense.

Why would you want to spend a lot of your time on something...like months and months or worse yet, *years*, like I did, if you didn't know whether or not you'd get *results!* So I tried out these techniques myself and gave it an acceptable experiment time like 8 weeks. (After all I figured that anything that is concerned with changing my mental habits that I've had my *whole life*, deserved a time like 8-10 weeks. Maybe even 6 months I thought. I'd already spent so many years beating myself down, and so compared six months didn't seem that long a time to experiment.

But you know what... I continued learning, experimenting and

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simplifying everything, and then before I knew it, **I'd reached the place I wanted to be.** And now it almost seems like magic. *Where I was and where I am now.* But there's is so much more. Yes a **whole lot more** and when I reached that place, I discovered a huge 'treasure' chest of information and 'magic'. But I know that I would never have been able to appreciate the value of it if I hadn't been through all the steps I took. In fact, if I'd been given then, all the stuff I'm into now...I'd probably have thrown it away as absolutely uncool and completely weird. Not now though. Now it makes **complete sense** and is actually **very scientific.** And that's because I understand the basis of it all, and more importantly, I **practice** the basics daily.

Seen the building of a house? The Foundation is laid down first. Then comes the remaining construction of the building on a solid foundation. ***This book is the Foundation. The Foundation for a wonderful and exciting journey for the rest of Your Life. And I wish you the Very Best.***

Your Connection to this book:

Each chapter's heading is topic specific and addresses a problem along with a subheading to further explain it. These are all part of the 10 Steps From Depression to Happiness Course. I want you to know that I still follow these even though I have now evolved these 10 Steps into more complex variations with the increase in my understanding. These 10 Steps are the Basis of my getting out of the depressive phase in my life. And yes I consider it as a phase. It will pass for you too. I am sure of it.

These Chapters contain techniques you can try out to solve that specific problem or to gain more understanding of the topic. You can always skip ahead to the topics that deal with your specific problems, but I recommend going through it step by step. I do recommend going through Step 1

Here's what you can do: First – read the chapter through.

Second – See how the solutions work.

Third – continue till you see results, some are immediate while some will require a slightly longer time. Why? Each person has an individual learning curve. Some may get it faster than others. Don't worry if you don't have an immediate understanding. Let it sink into your mind in its own time.

All the actions / techniques have been simplified. If you are already familiar with some of the techniques you'll find it even easier to do, and if you've never heard about them before, you'll find them to be exact steps laid out very simply so that there is no confusion at all. It's very clearly laid out.

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If you have any difficulty regarding those steps or if you have any other question or feedback regarding the course material, you can post it on my blog. The link is given at the end of the chapter. If I have the answer I'll give it to you or direct you to a source that'd probably have it.

P.S. You might just find strange situations arising with each chapter which will somehow tie into your learning and understanding and you'll get the chance to actually see how it works. The 'problem' and the solutions together. I would like to hear about those. I have some strange situations of my own to tell.

Step 1:

Chapter 1: The Truth About You

“You have within you right now, everything you need to deal with whatever the world can throw at you.”
Brian Tracy

This is something you should know. You are the most powerful person in your life. It doesn't matter where you've been how bad things are right now. You have all the power to start fresh. Everyday is a new day. The time that has gone is gone. The Past is dead. It only exists because **you** think of it. It affected you when you were living it i.e. when the events were actually happening. And now you're living out the consequences of the Past - again and again. And not only are you living out the past you're actually *in it* in your mind. So that saying 'living in the past' is true. And everyone has a different version of the Past and still living it out. But it doesn't have to be that way. Not for you. You no longer have to go on in the same way day after day. Now you have a choice. You can make the change. And what's more it doesn't have to be so hard.

Why isn't it so hard? Well, you've got this thing called a Brain. And that's like a SuperComputer that controls everything you do and are. It's the part of you that runs everything and decides how well all those things run. Basically the Right part of your Brain runs the Left side of your body and the Left part of your Brain runs the Right side of your body. All the messages from your brain to your body and the actions it performs are almost instantaneous. That's the physical part. Your Mind is part of what makes up the person called You.

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So you've got this amazing SuperComputer at your disposal 24-7. Not only that it runs on automatic so you have hardly any maintenance. And that's pretty amazing too. Not having to spend a whole lot of time on that. So you are this amazing system that runs on automatic.

And here's the first part of the Truth About You: You Run On Automatic.

But like any machine you do need some amount of maintenance. The parts have to be kept clean or they'll clog up and the machine won't run properly. That's what happens to you when bad things happen. Your brain (mind) gets clogged up with all the bad experiences and starts having problems. And because your having problems in your mind, you start having problems in Your Life. And then the bad experiences keep piling up and things go from bad to worse. It seems like the whole world is going wrong. There is something you should know...

***And here's the second part of the Truth About You:
You Have Unlimited Power to Clean Up The Mess Inside.***

So when you put it all together: **You've got Unlimited Power on Autopilot.**

You have it within your power to use it to get you out of depression. All you need is something that works on automatic.

So to Recap:

- 1: You run on Automatic
- 2: You Have Unlimited Power.

Chapter 2: Does This Freak You Out?

The Truth About Mind control

Now don't freak out. This isn't some weird thing and people are doing it everyday and you just don't know that. In fact you do it too! The thing is that other people do it in various ways. The control of your time and energy is a way. How? When people get you to do something, they're controlling your time. This means that you are doing something that they need to get done and in order to do that you instantly figure out ways to get it done. That's a way of mind control. The other way is when T.V. or peers get something and convince you that you need to get it too. Advertising needs to convince you that you must use their product. It doesn't matter if you don't really need it or even want it. Well in short that's mind control.

You Do it Too

You do it too when you absolutely need to get something done. You figure out ways. But all of this is just to get stuff done or just to get stuff that you want. You're not even conscious that you're doing it – controlling your mind that is. The real mind control starts when you know that you are doing it. It all starts with **you**.

Where Does Happiness Come In?

We're talking about mind-control so where does all this relate to becoming happy? How are you to become a happy person? It all starts with Controlling Your Mind. You need Thought control. Why? Because with Thought control you can start to change your life and make it better so that it's not so sucky. If you can control the way you think then you can control the way you feel. It's not a big task.

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It all starts *very small*. **One thought at a time**. The right thought. So one good thought at a time added to another good thought will then produce a whole bunch of good thoughts until they dominate your mind. Remember I said earlier that I've been through this and kept detailed records of everything. So I know that this works. I'm proof that it works.



Now why do you need to start with the thoughts? Here's why:

You're Life is built by your Habits. You have Acquired a habit by Repeated Actions. Your Actions are governed by your Attitudes. Your Attitudes are affected by your Emotions. Your Emotions are caused by your Repeated Thoughts about any and everything.

Now lets look at your current life. I'm assuming that you're reading this because you're down somewhere in your life and you want to Get Happy.

This graphic shows how things work in your life. It doesn't matter what anyone else does, because



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your reaction to a situation begins in your mind. Here's basically how it goes: You observe a situation - the message goes to your brain - you think something about what is happening based on past experiences or something you know - you feel - and you react to it. *All of this happens in less than a split second.*

When you experience the situation many times, and handle it in the same way, you're basically training your brain to react in that way every time you're in a similar situation. So your reactions produced over and over again lead to a habitual action; something that'll always happen when you are faced with the same situation again. And as we know - every action has a reaction. and these make up our lives. The same thing can also happen if we are in a highly emotional situation. if we are highly tensed, charged-up. Whatever we do at this point of time gets recorded in the brain, as the reaction that is to be produced again when the same kind of situation arises again. And our lives go on in this pre-recorded way.

Then we look at our lives, see everything that is going wrong and think "Life Sucks!" You know that this too is a thought. and then this thought produces a bad feeling, which leads to a bad attitude ("You've got Attitude")...and then this leads to what you do...you get the picture.

You now know the way it goes, so now you can change it. Remember **One thought at a time.**

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This is how a life looks when all the right thoughts are introduced.

Over time the life you desire will come about. It won't be 'perfect'; there will always be unforeseen circumstances that arise. But with right thinking, you can be prepared for these.

Look at the picture above. It all starts first with the thoughts then as the arrows flow it leads to a happy life and then that produces more good thoughts which in turn produce the happy life....

Imagine that you could do anything you wanted to do. anything. There are no restrictions on how much you can achieve, how far you can go, how many of your dreams you can fulfill. There are No Limits to achieving your Dreams. You can do Anything! And I know that you can. If I could get out of Depression and actually experience Happiness now, then so can you. Anyone can if they only knew how. And now you know how.

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Here's what you can do to start "Getting Happy" :

1. Take one area of your life that really sucks. (if you have many then take the one that sucks more than the others)
2. What do you think about it.
3. When you think about it what words and sentences do you use?
4. Write these down. Write down as many as you can think of. Keep going. Don't worry how long the list gets. (I've had some really long lists when it came to my life, career,relatives!)
5. Review what you've written.
 - o I'm sure a lot of it is really negative stuff. This stems from pent up anger, hate, resentment, general unhappiness about all the stuff that happened and is still happening.
 - o So what do you do next?
6. Take the first 10 statements and turn them around. By that I mean take the negative statements and turn them positive ones, for example:
 - a. **"I hate that work"** becomes **"I love to do my work well"** or
 - b. **"I always do the best work I can do now"**

Do this with all the statements you've written down. Here are some rules to follow when you do this:

- **Keep it positive** – positive words: can / love / great / amazing
- **Keep it in the present** – am doing / always do / have got / have so much / am earning....
- **Keep it about you** – I / me / myself

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I call these Scripts. Like writing a script of what you want your Life's Movie to be. The way you want it to go and the way you want to feel about your life.

I do confess that I felt like a moron saying all those good things about myself when I didn't feel anything like that. (Especially when I was doing long hours in the sweltering hot sun) but I gave it 2 months anyway, and you know what? It WORKED! It actually worked! I couldn't believe the results myself until I remembered the way I'd felt all those months before – despondent, dejected, and sometimes just plain emotionless...feeling nothing. And then 'suddenly' I'd become this almost happy person. 'Almost' because I knew I wasn't quite there yet. Until I discovered the other 9 steps. Then I Got It.

If you want to go in depth about writing Scripts then you can go to: the next chapter, Chapter 3: Scripting Made Easy.

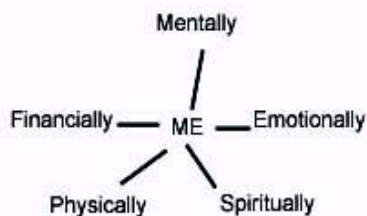
There is great book that was written almost a century ago. It is still very relevant and relates directly to this topic. You can get it From the link given at the end of the chapter called freebook1.

Chapter 3: Scripting Made Easy

Mapping Your Mind in 2 Easy Steps

This is a really easy thing to do. Doing it might take anywhere from 15 minutes to 5 hours or you can even do it over the course of a week. But this is something that needs to be done. And I recommend this process to everyone no matter how accomplished they might be. I do it regularly and it helps me immensely.

Here is step 1 of Scripting:



Take a sheet of paper. Write the word ME in the center. Then write these words around it:
**Mentally Emotionally
Spiritually Physically Financially**

It is important that you do this with a sheet of paper instead of on the computer. The writing process works its own magic with the brain.

Around these 5 topics write down what you don't want anymore. You might need more paper. I used up several sheets when I first did this. These are the ones that get to you immediately and they are a good place for you to start.

So do it now. You can come back to this later. Do it now.

Done it?

O.K. now we can continue to the next step. This is even easier and by the time you're finished you'll have your very own script ready.

Here is step 2 of Scripting:

Take all the things you've written down and convert them into their opposites i.e. their positive versions. You can use the process on Pg 12 where the statement rules are. Once you've got them, these are the basic sentences that apply directly to you. These are the pin-pointed words that target the Framework of your problems. You'll later understand why I said Framework. This is just the beginning and I'm very happy you've reached this far. Most people will never take the time to lay bare their problems. They just ignore the obvious and then wonder why things aren't getting better. But you've done this. This is an important step you've taken.

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Minding Your Map

After you've made a map of all the things you want to be, pick out the one that causes you the most pain. The one that gives you that horrible gnawing feeling in the pit of your stomach, and you feel something almost like fear when you think about it. It may even just be a vague feeling about something being wrong. Try to put it onto words.

What to ask yourself:–

- Is there a **habit** that is contributing to it?
- How much is the **continuation** of those habits costing you (in real terms of money expenditure)
- Or how much is the **lack of** that quality **inhibiting your growth**...your growth in finances, in spirit, in health?

It is vital that you be honest with yourself. After all you don't like it when people aren't honest with you so you must be honest with yourself.

I am not there to see all the bad stuff you've written and neither is anyone else. It is only you by yourself right now thinking over these things. You aren't showing the Map to someone else. It is only for you to know. After all *your* self development is not in the hands of someone else. You have **taken back control**. You are in charge now. So as your own new boss, make it a point to be absolutely honest with yourself.

Chapter 4: One Word for Step 1

Why You Need It

Everything you've written down about what's bothering you or what's wrong is related to your **Self-Esteem**. Everything you think is wrong with you or your life stems from a Low Self-Esteem. If you correct this first you can go on to the next steps and throughout all the phases of your life you'll be able to deal with everything life throws your way. (And to some extent you'll be able to control what happens too, in fact you already do but its out of control because you must learn control over yourself first. So we'll talk about that much later.).

Every Step is so exciting. I am so excited to show you all this. I know the steps you've just taken are already changing your life. Its working away quietly making you better. But for now we must start off on this - Step 1

The Spill-over Effect:

Make a tape of your own scripts and play it again and again over a 6-8 week period. Even if you don't do anything else, do this and I'm telling you that you will see a definite difference in your behavior. Listen to it in the morning when you are brushing your teeth, in the car when you at a stop sign or traffic jam and know you'll have to wait (why curse the other drivers, when you can instead use the time to do your own development). Play it everywhere you can.

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This is important too: In the beginning, you might become more irritable and think that maybe you should stop listening to good things about yourself. This is only the old negative programming which is doing this. It is resisting the new Positive words. But I'm telling you Please Please keep telling yourself good things about you. After a few weeks you'll begin to feel comfortable with hearing good stuff about yourself and you'll find yourself becoming better not only in the area that you are fixing, but also in other areas. It tends to spill over. So I call it The Spill-over Effect.

This was Step 1 of the process of Getting out of depression and Getting Happy.

Using the suggestions I have given whether you're depressed or just feeling low, this will get you up again. This is the first of the 10 Steps and I use it everyday.

You can leave your feedback and comments on Step 1 at <http://www.dreamorator.com>

Get Your FREE book at:

<http://www.dreamorator.com/freebook1.html>

Checkout the blog on the Ten Steps at:

<http://www.dreamoratorblog.blogspot.com>



To be up to date on new developments on the Ten Steps, please sign up for the FREE Depression Freedom Newsletter at: <http://www.dreamorator.com>

On signing up you will also receive a Free mini-course of the Ten Steps.