

# Going against the current

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Most People generally do not like change, even if the change would benefit them. When individuals are feeling depressed, they behave depressed. By giving into the depression and allowing behaviors to continue, symptoms will increase. Think of an undercurrent, going with the current would be easier. Going with the current will take you further out to sea.....



Goings against the current will be harder



But will get you to solid ground.....

