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When Depression Hurts Your Relationship: How to Regain Intimacy and Reconnect with Your Partner When You’re Depressed

Shannon Kolakowski PsyD

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When you are feeling depressed, having a loving, supportive relationship with your partner can help you in your path towards healing and creating a happier life. But often depression interferes with your relationship, distancing you from your partner during your time of need.

If you are in the midst of depression, you may worry that you aren't good enough for your partner, or become irritable around them. You may even push them away when you feel like your emotions are beyond your control. In addition, your sense of intimacy may diminish, and your sex life may fizzle as a result of fatigue, medications and feeling disconnected from your partner. The hard truth is that feelings of isolation, worthlessness, and tiredness can all take a hefty toll on your love life. But you don't have to let depression be the demise of your relationship.

Using an integrative approach based in mindfulness, interpersonal psychotherapy (IPT), acceptance and commitment therapy (ACT), and cognitive behavioral therapy (CBT), *When Depression Hurts Your Relationship* offers practical skills to help readers with depression reignite intimacy with their partners.

If you suffer from depression, this book is a must-read to help keep your romantic relationship healthy, exciting, and rewarding for you both.

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Wilfred Walker:

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Kimberly Gomez:

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