

"I felt a Funeral, in my Brain, and Mourners to and fro kept treading -- treading -- till [it seemed] that Sense was breaking through -- And when they all were seated, a Service, like a Drum -- kept beating -- beating -- till I [thought] my Mind was going numb -- And then I heard them lift a Box and creak across my Soul with those same Boots of Lead, again, then Space -- began to toll, As [all] the Heavens were a Bell, and Being, [but] an Ear, and I, and Silence, some strange Race, wrecked, solitary, here -- [And] then a Plank in Reason, broke, and I fell down and down -- and hit a World, at every plunge, and Finished knowing -- then --"

“我的脑海中，进行着一场葬礼，悼念者络绎不绝 不停的走着，蹂踏着 直到仪式的氛围渐浓 当所有人入座 仪式开始， 敲鼓的声音 沉重有力，敲打着，敲打着 直到我的意识变得麻木 我听见他们抬起棺材 沉重的脚步， 摇摇晃晃 我的灵魂， 吱呀作响 四周， 丧钟响起 天堂， 就像一个铃铛 存在， 那么就是一只耳朵 安静的我， 如同异类 在此孤独， 在此腐朽 失去依靠， 理性开始崩塌 我从高处坠落 跌入一个又一个世界 终于， 看清 We know depression through metaphors. Emily Dickinson was able to convey it in language, Goya in an image. Half the purpose of art is to describe such iconic states.

我们能够在一些文学作品中看到抑郁的影子 艾米莉·迪金森（美国十九世纪著名女诗人）通过诗歌诠释它 戈雅（西班牙画家）通过绘画表达 许多艺术作品产生的初衷 就是为了表达这充满象征意义的状态

As for me, I had always thought myself tough, one of the people who could survive if I'd been sent to a concentration camp.

就我自己来说，我一度认为自己非常坚强 认为自己是那一类即使被送去集中营 也可以存活下来的人

In 1991, I had a series of losses. My mother died, a relationship I'd been in ended, I moved back to the United States from some years abroad, and I got through all of those experiences intact.

1991年，我经历了一连串的不幸 母亲去世 爱情终结 我也在几年的海外生活之后 回到了美国 我在经历了这一切之后依旧安然无恙

But in 1994, three years later, I found myself losing interest in almost everything. I didn't want to do any of the things I had previously wanted to do, and I didn't know why. The opposite of depression is not happiness, but vitality. And it was vitality that seemed to seep away from me in that moment. Everything there was to do seemed like too much work. I would come home and I would see the red light flashing on my answering machine, and instead of being thrilled to hear from my friends, I would think, "What a lot of people that is to have to call back." Or I would decide I should have lunch, and then I would think, but I'd have to get the food out and put it on a plate and cut it up and chew it and swallow it, and it felt to me like the Stations of the Cross.

然而在1994年，也就是三年之后 我突然发现自己对几乎所有的事情都失去了兴趣 甚至不愿意去做那些 我曾经很想去做的事情 我不知道这是为什么 抑郁的反面 并非快乐，而是活力 而正是这样的活力 似乎就在那段时间从我的身体中慢慢消失了 所有需要完成的事情 都感觉那么麻烦 回到家的时候 看着电话留言机上闪烁的红灯 我不但不会因为听到朋友们的声音感到兴奋 反而会想 怎么有这么多人等我回电话 有时该吃午饭了 我却开始想，我还得把食物拿出来 放到盘子里 得切，得嚼，得咽 让我感觉就像耶稣受难一样

And one of the things that often gets lost in discussions of depression is that you know it's ridiculous. You know it's

ridiculous while you're experiencing it. You know that most people manage to listen to their messages and eat lunch and organize themselves to take a shower and go out the front door and that it's not a big deal, and yet you are nonetheless in its grip and you are unable to figure out any way around it. And so I began to feel myself doing less and thinking less and feeling less. It was a kind of nullity.

人们在谈论抑郁时 时常忽略了一点 那就是你知道这一切都很荒谬 即使你正处在抑郁之中, 你也知道这一切都很荒谬 你知道多数人都可以让自己 去听语音留言, 去吃午餐 紧接着让自己冲个澡 然后出门 你知道这根本不是什么大不了的事情 然而你已经被它掌控 并且无法找到任何解决的方式 于是我开始感到自己事情做得越来越少 思考得越来越少 感知得越来越少 就好像整个人已经没什么价值了

And then the anxiety set in. If you told me that I'd have to be depressed for the next month, I would say, "As long I know it'll be over in November, I can do it." But if you said to me, "You have to have acute anxiety for the next month," I would rather slit my wrist than go through it. It was the feeling all the time like that feeling you have if you're walking and you slip or trip and the ground is rushing up at you, but instead of lasting half a second, the way that does, it lasted for six months. It's a sensation of being afraid all the time but not even knowing what it is that you're afraid of. And it was at that point that I began to think that it was just too painful to be alive, and that the only reason not to kill oneself was so as not to hurt other people.

紧接着焦虑就来了 如果你告诉我 我会在接下来的一个月里一直抑郁 我会说, “只要一个月之后不抑郁了我就可以接受。” 但如果你告诉我 “你会在接下来的一个月里严重焦虑。” 那么我宁可割腕也不愿意忍受 这是一种持续的感觉 就好像你走在路上 滑倒了或者绊倒了 地面猛冲向你的感觉 但这种感觉不是半秒钟 而是持续6个月 这是一种时时刻刻感到惧怕 却不知道自己在惧怕什么的感觉 就在那时我开始想 活着太痛苦了 人不自杀的唯一原因 是因为不想伤害身边的人

And finally one day, I woke up and I thought perhaps I'd had a stroke, because I lay in bed completely frozen, looking at the telephone, thinking, "Something is wrong and I should call for help," and I couldn't reach out my arm and pick up the phone and dial. And finally, after four full hours of my lying and staring at it, the phone rang, and somehow I managed to pick it up, and it was my father, and I said, "I'm in serious trouble. We need to do something."

终于有一天, 我醒来的时候 我觉得我可能中风了 因为我躺在床上整个人是完全僵硬的 我看着电话, 心想 “不好了, 我该打电话求助。” 但我没办法伸出手去 没有办法拿到电话来拨号 终于, 在我躺在那盯着电话整整四小时之后 电话铃响了 我不记得自己怎么拿到的电话是我父亲打来的 我说, “我现在遇到大麻烦了, 我们必须做点什么。”

The next day I started with the medications and the therapy. And I also started reckoning with this terrible question: If I'm not the tough person who could have made it through a concentration camp, then who am I? And if I have to take medication, is that medication making me more fully myself, or is it making me someone else? And how do I feel about it if it's making me someone else?

第二天我开始吃药 开始接受治疗 与此同时我开始思考 一个可怕的问题 如果我不是那种坚强到 即使被送去集中营也可以存活下来的人 那么我是谁呢? 如果我需要吃药的话 那么药

物是让我变得更像自己 还是让我更不像自己? 如果会让我变得像别人 那么我又如何感觉到这点呢?

I had two advantages as I went into the fight. The first is that I knew that, objectively speaking, I had a nice life, and that if I could only get well, there was something at the other end that was worth living for. And the other was that I had access to good treatment.

在这个抗争的过程中我有两个优势 首先是很清楚, 客观地说 我有一个不错的生活条件 如果我能好起来 那么最终是会有一些东西 值得我去为之而活的 另外一点就是我能接受好的治疗

But I nonetheless emerged and relapsed, and emerged and relapsed, and emerged and relapsed, and finally understood I would have to be on medication and in therapy forever. And I thought, "But is it a chemical problem or a psychological problem? And does it need a chemical cure or a philosophical cure?" And I couldn't figure out which it was. And then I understood that actually, we aren't advanced enough in either area for it to explain things fully. The chemical cure and the psychological cure both have a role to play, and I also figured out that depression was something that was braided so deep into us that there was no separating it from our character and personality.

但我却不知为何,好转了又复发 又好转, 又复发 再好转, 再复发 最后我才意识到 我必须一辈子 依赖药物以及治疗 于是我想, “但这到底是一个化学问题 还是一个心理问题? 这到底需要化学疗法还是心理疗法(原话为“哲学”)呢?” 我无法找到问题的答案 然后我明白了 事实上我们对这两个领域的了解都还不够 都还不足以完全弄清真相 化学治疗和心理治疗 都发挥着重要的作用 我也发现抑郁是这样东西 深深的嵌入在我们的体内 我们无法将它彻底剥离 它已经嵌入到我们的性格和个性中了

I want to say that the treatments we have for depression are appalling. They're not very effective. They're extremely costly. They come with innumerable side effects. They're a disaster. But I am so grateful that I live now and not 50 years ago, when there would have been almost nothing to be done. I hope that 50 years hence, people will hear about my treatments and be appalled that anyone endured such primitive science.

我想说现在我们所用的 治疗抑郁症的方法太可怕了 这些方法没有什么效果 还非常昂贵 并且伴随着无数的副作用 它们简直就是灾难 但我很感激我活在当下 而不是50年前 那个时候还不存在 有效的方法 我希望50年后 人们听到我接受的治疗方法 会震惊于竟然有人愿意忍受 如此原始简单的科学

Depression is the flaw in love. If you were married to someone and thought, "Well, if my wife dies, I'll find another one," it wouldn't be love as we know it. There's no such thing as love without the anticipation of loss, and that specter of despair can be the engine of intimacy.

抑郁是爱的附属品 如果你跟一个人结婚了, 然后想 “好吧, 如果我的妻子去世了, 我会找一个新的,” 那么据我们所知这不叫爱 没有这样一种爱情 可以只感受幸福而不体验失去 这种绝望的幽灵 会成为亲密关系的动力

There are three things people tend to confuse: depression, grief and sadness. Grief is explicitly reactive. If you have a loss and you feel incredibly unhappy, and then, six months later, you are still deeply sad, but you're functioning a little better, it's probably

grief, and it will probably ultimately resolve itself in some measure. If you experience a catastrophic loss, and you feel terrible, and six months later you can barely function at all, then it's probably a depression that was triggered by the catastrophic circumstances. The trajectory tells us a great deal. People think of depression as being just sadness. It's much, much too much sadness, much too much grief at far too slight a cause.

有三种东西是人们容易混淆的 抑郁，悲伤，难过 悲伤是一种明确的反应 如果你遭遇了不幸并感到极度不快乐 紧接着六个月以后 你还是非常难过，但是生活大致正常了 这很有可能是悲伤 而且它很有可能在最终 一定程度地自我恢复 如果你经历了一次灾难性的打击 然后感觉非常糟糕 并且六个月之后你依然无法正常生活 那么很有可能就是你的抑郁 被这种灾难性的情形触发了 这中变化的过程告诉我们很多信息 人们往往认为抑郁只是难过而已 只是太多太多的难过 太多的悲伤 起因却微不足道

As I set out to understand depression, and to interview people who had experienced it, I found that there were people who seemed, on the surface, to have what sounded like relatively mild depression who were nonetheless utterly disabled by it. And there were other people who had what sounded as they described it like terribly severe depression who nonetheless had good lives in the interstices between their depressive episodes. And I set out to find out what it is that causes some people to be more resilient than other people. What are the mechanisms that allow people to survive? And I went out and I interviewed person after person who was suffering with depression.

当我开始着手了解抑郁 并且采访那些有过这样经历的人时 我发现有些人 从表面上看来 好像是比较轻微的抑郁 却已经因此彻底丧失行为能力了 另一些人 从他们的描述中得知他们经历了非常严重的抑郁 他们却能够在抑郁发作的间隙 过着不错的生活 于是我开始研究 到底是什么 使一些人比另一些人能更好地适应 是什么样的机制 让这些人能够幸免？ 于是我去探访了一个又一个 经历过抑郁的人

One of the first people I interviewed described depression as a slower way of being dead, and that was a good thing for me to hear early on because it reminded me that that slow way of being dead can lead to actual deadness, that this is a serious business. It's the leading disability worldwide, and people die of it every day.

我第一批采访的人中有一个人 把抑郁描述为 一种缓慢的死亡方式 这种说法最初在我听来是好的 因为这告诉我 缓慢的死亡方式 是会以真正的死亡结束的 这不是说着玩的 这是世界上导致机能障碍的主要原因之一 每天都有人因此死去

One of the people I talked to when I was trying to understand this was a beloved friend who I had known for many years, and who had had a psychotic episode in her freshman year of college, and then plummeted into a horrific depression. She had bipolar illness, or manic depression, as it was then known. And then she did very well for many years on lithium, and then eventually, she was taken off her lithium to see how she would do without it, and she had another psychosis, and then plunged into the worst depression that I had ever seen in which she sat in her parents' apartment, more or less catatonic, essentially without moving, day after day after day. And when I interviewed her about that experience some years later -- she's a poet and psychotherapist named Maggie Robbins -- when I interviewed her, she said, "I was singing 'Where Have All The Flowers Gone,' over and over, to occupy my mind. I was singing to

blot out the things my mind was saying, which were, 'You are nothing. You are nobody. You don't even deserve to live.' And that was when I really started thinking about killing myself."

在我试图了解这些的时候 其中一个我采访的人 是我的挚友 我们已经相识很多年了 她曾经在她大学入学的那一年 有过精神病发作 之后陷入了可怕的抑郁 她患有双相情感障碍 当时叫做躁郁症 她经过多年的化学治疗 病情控制得很好 于是后来, 她尝试停止化学治疗 想看看能够独立的支撑下来 她却精神病复发 并且陷入了我所见过的 最严重的抑郁 她在父母的公寓里坐着 多少有些紧张症的样子, 几乎一动不动 日复一日都是如此 当我几年之后采访她那段经历时 她叫玛吉·罗宾斯, 诗人, 精神治疗医师 当我采访她的时候她说 “我一遍一遍地唱着‘花儿去向何处’ 来占据我的头脑 来清除我头脑中不停重复的话语 ‘你一文不值, 你这个无名小辈, 你根本不配活在这世上。’ 那时候我真正开始 有了自杀的想法。”

You don't think in depression that you've put on a gray veil and are seeing the world through the haze of a bad mood. You think that the veil has been taken away, the veil of happiness, and that now you're seeing truly. It's easier to help schizophrenics who perceive that there's something foreign inside of them that needs to be exorcised, but it's difficult with depressives, because we believe we are seeing the truth.

你没有意识到自己抑郁, 但是 你已经戴上了一层灰色的面纱 并且是透过这层坏情绪的薄纱来看待这个世界的 你认为是快乐的面纱 被摘掉了 这样你可以看得更加真实 相对而言帮助精神分裂症患者更容易 他们认为自己身体里面有某些异质 需要被驱除 但对于抑郁症患者来说这很难 因为我们坚信自己看到的是事实

But the truth lies. I became obsessed with that sentence: "But the truth lies." And I discovered, as I talked to depressive people, that they have many delusional perceptions. People will say, "No one loves me." And you say, "I love you, your wife loves you, your mother loves you." You can answer that one pretty readily, at least for most people. But people who are depressed will also say, "No matter what we do, we're all just going to die in the end." Or they'll say, "There can be no true communion between two human beings. Each of us is trapped in his own body." To which you have to say, "That's true, but I think we should focus right now on what to have for breakfast."

但事实是会说谎的 我非常喜欢这句话 “事实是会说谎的。” 当我与抑郁症患者交谈时我发现 他们有很多妄想出来的念头 人们会说, “没人爱我。” 然后你说, “我爱你, 你的妻子爱你, 你的母亲爱你。” 你可以很快给出这个答案 至少对大多数人是如此 但是抑郁的人还会说 “不论我们做什么, 最终都是要死的。” 或者他们说, “两个人之间 是不可能有任何真正的亲密交往的, 我们每个人都被自己的身体所束缚了。” 对于这个你只有回应说 “这点没错, 但我觉得我们眼下要考虑的 是早上该吃什么。” (笑声) 许多时候 困扰他们的不是疾病本身, 而是对一些事实的偏执 他们会对一些事实超乎常人的在意 但是对于我们绝大多数人而言 并不在意这些有关存在的问题 我有一个特别喜欢的研究 是要一组抑郁症患者 和一组非抑郁症患者 分别打一小时的电子游戏 一小时结束的时候问他们 他们认为自己 杀了多少只小怪兽 抑郁组的答案往往准确 误差不超过百分之十 而非抑郁组的人 估计的小怪兽数量 却是实际杀掉的 15到20倍

(Laughter)

当我决定写下自己的抑郁经历时, 许多人说 要揭开这个秘密让别人知道 一定非常不容易 他们说, “人们会用不一样的口吻跟你说话吗?” 我说, “是的, 人们用不一样的口吻跟我说话。 这种不一样体现在 人们会告诉我他们自己的经历 或是他们的兄弟姐妹的经历 或是他

们朋友的经历 我现在明白， 每个家庭 都埋藏着一个抑郁的故事 着改变了我的看法
A lot of the time, what they are expressing is not illness, but insight, and one comes to think what's really extraordinary is that most of us know about those existential questions and they don't distract us very much. There was a study I particularly liked in which a group of depressed and a group of non-depressed people were asked to play a video game for an hour, and at the end of the hour, they were asked how many little monsters they thought they had killed. The depressive group was usually accurate to within about 10 percent, and the non-depressed people guessed between 15 and 20 times as many little monsters --

几年前我去参加一个学术会议 连开三天， 第一天是周五 一个与会者把我叫到一边， 她说“我有抑郁症 我为此有点难为情 而且我一直在吃某种药物 我只是想问问看你的意见？” 我但是尽我所能给了一些建议 之后她说，“其实， 我的丈夫并不知道这件事情 他是那种无法理解这种事情的人 所以， 嗯， 我们的谈话能否保密。” 我说，“好， 没有问题。” 周日开会的时候 她的丈夫把我叫到了一边 对我说，“我的妻子并不知道 我跟她了解的那个我之间的不同 我有抑郁症， 有一段时间了 我现在需要吃一些药物维持 我想听听你的看法？” 他们两个人 服用同一种药物， 并且将药物藏在 同一个卧室的不同的地方 于是我对他说 我觉得婚姻内部的沟通问题 可能是他抑郁的原因之一 （笑声） 让我感到震惊的 是人们想要保守这样的秘密 并因此成熟的沉重负担 抑郁让人精疲力尽 它会消耗掉你几乎全部的时间和精力 而对此保持沉默 只会让抑郁的症状变得更加严重
(Laughter)

我开始考虑所有可能的途径 帮助抑郁的人们变得好一些 我在治疗方法上， 一开始是很保守的 我觉得只有少数几种疗法是有效的 就那么几种—— 药物治疗 几类特定的精神疗法 电休克疗法有时候有效果 其它所有的方法都是扯淡 但是后来我的看法变了 如果你的脑子里长了肿瘤 然后你觉得自己每天早晨 倒立20分钟会让自己感觉好一些 或许让你自己感觉好一些 但是你的脑瘤还在那里 你还是可能因此死去 但是如果你患上了抑郁 然后你觉因为每天倒立20分钟 感觉好一些， 那是有一定效果的 因为抑郁是你的感觉和情绪出了问题 如果你感觉好一些了 那么你的抑郁就会少一些 所以我现在变得非常的宽容 各种奇怪的偏门疗法我都能接受了

as they had actually killed.

我收到了成百上千的邮件 人们写信跟我分享他们使用的治疗方法 就在刚才还有人在幕后问我 关于药物治疗的事情 有一封邮件提供的方法我很喜欢 是一位女士写给我的 她尝试过心理疗法， 不管用 药物疗法， 也不行， 各种方法都尝试了， 还是不行 最后她自己发现了一个方法， 她希望我告诉全世界 她认为最好的疗法是用纱线做一些小制品 （笑声） 她还给我邮寄了一些（笑声） 我现在没穿在身上 我建议她再去医院查查 看看有没有强迫症（译注：演讲者在开玩笑）

A lot of people said, when I chose to write about my depression, that it must be very difficult to be out of that closet, to have people know. They said, "Do people talk to you differently?" I said, "Yes, people talk to me differently. They talk to me differently insofar as they start telling me about their experience, or their sister's experience, or their friend's experience. Things are different because now I know that depression is the family secret that everyone has.

当我去了解其它偏门疗法时 我也接触到了其它疗法的不同的视角 我研究过塞内加尔一个部落的净化仪式 他们在仪式中使用了大量的公羊血 这里我就不详细讲了 但是几年之后， 当我去卢旺达 参与另一个项目时 我向一个当地人介绍了那个仪式 他说，“嗯， 你知道 那是西

非，我们这里是东非 我们的宗教仪式有一些不同的地方 但是我们也有一些地方是共通的

（我们的方法）跟你描述的那种有些相似 然后我说，“哦”。他说，“是的”，然后他继续说道 但是西方世界跑过来的心理治疗师给我们添了不少麻烦 尤其是那些大屠杀之后跑来的心理医生们（译注：指1990年代卢旺达大屠杀）于是我问他，“什么麻烦？”他说，“是这样的 他们做的事情很古怪 他们并不会让人去阳光下活动 虽然这会让人感觉舒服 他们不使用音乐或打鼓的方式激发人们的情绪 他们不会让整个社区参与其中 他们也没有将抑郁外显化为一种恶灵 进行驱逐 相反的，他们将那些（抑郁的）人单独地 带到一个昏暗的小房间 花一个小时 让他们回忆发生在他们身上的悲惨的事情。”（笑声）（掌声）他说，“我们只能请他们离开这个国家了。”（笑声）

I went a few years ago to a conference, and on Friday of the three-day conference, one of the participants took me aside, and she said, "I suffer from depression and I'm a little embarrassed about it, but I've been taking this medication, and I just wanted to ask you what you think?" And so I did my best to give her such advice as I could. And then she said, "You know, my husband would never understand this. He's really the kind of guy to whom this wouldn't make any sense, so, you know, it's just between us." And I said, "Yes, that's fine." On Sunday of the same conference, her husband took me aside, 现在，我想分享另外一种替代的疗法 弗兰克·若萨克夫接受了这种替代疗法 弗兰克的抑郁症可能是我见过的 最严重的抑郁症之一 他一直处于抑郁状态 当我刚见到他的时候 他每个月都要接受电休克治疗 所以他每个月第一周会被电的迷迷糊糊 第二周变得正常起来 第三周开始情绪又开始走下坡路 然后他就会寻求下一次电休克治疗 当我开始见到他的时候，他说 “这种（电休克的）周期对于我而言是无法避免的 我不能这么下去了 我知道如果我不能够变好起来 意味着什么 “但是”，他对我说，“我听说麻省总院最近在进行医疗实验， 实验一种脑手术，叫扣带回切开术 我想我会去尝试一下。” 我至今都记得当时我听到后的惊喜的心情 想想这样一个人 经历了如此多的悲惨经历 忍受了那么多的治疗方法 骨子里依然有一种与生俱来的乐观 要去尝试新的东西 后来他做了扣带回切开术 出乎意料地成功 他跟我现在成为了朋友 他有一个可爱的妻子和两个漂亮的小孩 那次手术的圣诞节后，他写了一封信给我 他说 “我的父亲今年寄给我两件礼物 一个是某个品牌的车载CD架 我不是很需要 但是我知道他是给我这个的目的 是想要庆祝一下，我可以重新开始 并且有了一份喜欢的工作 另外一件礼物 是我外婆的一张照片 她自杀了 当我拆开包装的时候，我开始哭泣 我的妈妈过来问道 ‘你哭是因为你从来没有见过外婆么？’ 我说，‘不，是因为她的痛苦，我同样经历过。’ 写这封信的现在，我又忍不住哭泣 不是因为悲伤，而是因为我再也无法承受 我想我曾经也可能会自杀 但是我的父母给了我勇气 还有治疗我的医生们 还有这个手术 我活着，心怀感恩 我们活在美好的时代 虽然有时候看起来很糟。”

(Laughter)

我很不能理解为什么 人们普遍的把抑郁症看成是 现代西方中产阶级特有的一种病 于是我开始寻找抑郁症 与其它社会因素的关联 在可能相关的社会因素中 我对贫困和抑郁的关系特别感兴趣 于是我做了一些研究 尝试去了解穷人是如何治疗抑郁的 我发现大多数情况下 穷人的抑郁症不会得到治疗 抑郁属于基因的缺陷 这意味着在不同的人群中容易抑郁的人的比例应该是一样的 生活环境的不同导致了发病率的不同 而当人们处于贫困的生活环境中时 抑郁症的发病率更高，也更严重 但是，如果你的生活一帆风顺 然后你觉得自己一直都不开心 你会反思，“我为什么不开心？” “我一定是抑郁了。” 然后你会去找医生给你治疗 但是如果你的生活本来就很糟糕 然后你一直都不开心 你的感觉和你的生活状态是相称的 于是你就不会想到这个是病 “或许这个可以治疗一下” 所以实际上我们这个国家的低收入人群中 抑郁症像是传染病一样流行 但是却一直没有被人注意过，没有人评估过患病的规模 也没有人为

这些低收入者提供治疗 这是非常大的一个悲剧 后来我发现了一位研究人员 她当时正在华盛顿特区周边的贫民窟中 做与之相关的一项研究 当有妇女前来看其它的疾病时，她会邀请这些妇女 做一个抑郁症的诊断 同时提供一份六个月的实验协议 其中有一位女士，名叫洛莉 以下是她第一天到诊所来的自述 她说她是一位母亲 7个孩子的母亲，她说，"我曾经有一份工作，但是不得不辞掉了" "因为我无法离开我的屋子" 我一句话都不想跟我的孩子们说 早晨，我迫不及待的让孩子们出门上学 然后立刻爬上床蒙头大睡 然后下午三点他们就陆续回家了 时间过得太快了 她说，"我已经吃了很多的泰诺(一种止痛药)" 以及其它所有能够让我多睡一会儿的东西 我的丈夫一直说我蠢，说我令人讨厌 我真希望能够结束这痛苦 and he said, "My wife wouldn't think that I was really much of a guy if she knew this, but I've been dealing with this depression and I'm taking some medication, and I wondered what you think?" They were hiding the same medication in two different places in the same bedroom.

然后她接受了实验协议开始进行治疗 六个月之后当我去采访她的时候 她有了一份新工作，在美国海军(的幼儿园) 照看孩子，她离开了以前那个虐待她的丈夫 她对我说 我的孩子们现在比以前开心多了 她说，现在我的新家有两个孩子的卧室 男孩子们一间，女孩子们一间 到了晚上的时候，他们都会来到我的房间 我们一直做家庭作业，做其它的事情 一个儿子立志做一名牧师 另一个想要做消防队员 我的一个女儿想要做一名律师 他们不像以前那样哭得那么频繁 也不再像以前那样相互打来打去了 看着这些孩子，我现在觉得很满足 一切都在不断的变好 我的穿着，我的情绪，我的言行 我不会再像以前那样害怕出门 也不会再担心糟糕的心情会卷土重来 如果没有米兰达医生(那位研究人员)的帮助 我现在可能还我在我家里，用被子蒙住头呼呼大睡 或许我已经死了 我曾祈祷上帝为我下凡一位天使 而上帝听到了我的声音." (译注：指米兰达博士)

(Laughter)

我被这些真实的故事深深打动了 我之前计划只是写一本书来记录 但是现在我觉得远远不够 我还要写一篇文章(让更多的人知道) 所以我跟纽约时报杂志说好 写一篇有关低收入群里中抑郁症的报告

And I said that I thought communication within the marriage might be triggering some of their problems.

当我写好之后 我的编辑打电话给我说 我们真的没办法发表这个

(Laughter)

然后我问，"为什么?"

But I was also struck by the burdensome nature of such mutual secrecy. Depression is so exhausting. It takes up so much of your time and energy, and silence about it, it really does make the depression worse.

她说，"故事太牵强了" 这些人生活在接近社会底层的地方 然后他们经过了六个月的治疗 然后他们就可以去管理摩根史坦利了?(译注：一家知名投资机构) 太没有说服力了 她说，"我从来没有听过这样的事情"

And then I began thinking about all the ways people make themselves better. I'd started off as a medical conservative. I thought there were a few kinds of therapy that worked, it was clear what they were -- there was medication, there were certain psychotherapies, there was possibly electroconvulsive treatment, and that everything else was nonsense. But then I discovered something. If you have brain cancer, and you say that standing on your head for 20 minutes every morning makes you feel better, it may make you feel better, but you still have brain cancer, and you'll still probably die from it. But

if you say that you have depression, and standing on your head for 20 minutes every day makes you feel better, then it's worked, because depression is an illness of how you feel, and if you feel better, then you are effectively not depressed anymore. So I became much more tolerant of the vast world of alternative treatments.

然后我说, "你从没有听说过" 恰恰说明这个是一个'新闻' (笑声)(掌声) 而且你们是一家新闻媒体啊

And I get letters, I get hundreds of letters from people writing to tell me about what's worked for them. Someone was asking me backstage today about meditation. My favorite of the letters that I got was the one that came from a woman who wrote and said that she had tried therapy, medication, she had tried pretty much everything, and she had found a solution and hoped I would tell the world, and that was making little things from yarn.

来回协商了几次之后 他们同意发表了 但是他们说的话让我想了很多 他们这种态度跟另外一个观点多少有点关系 即很多人还是反感 抑郁症需要治疗这个观点 好像这就意味着我们会开始 大规模的开始治疗低收入者 这将是一件带有剥削性质的事情 因为我们是在改造他们 看起来我们所有的人 都受到一种教条的影响 即治疗抑郁的疗法也好, 药物也好, 都是人造的产物 并不是自然的结果 我觉得这完全是使入歧途了 虽然人老了掉牙是很自然的时候 但是这并不影响任何人使用牙膏 至少我的周围没有

(Laughter)

人们可能会接着问, "那么, 抑郁本身 不应该是我们注定需要经历的一个过程么 难道抑郁不是我们的演化的结果么 难道这不是你个性的一部分么 对此我的看法是, 情绪是有适应性的 对于我们而言 能够感受喜怒哀乐 以及其它丰富的情感 意义重大 而当一个人总是抑郁的时候, 那一定是 他的情绪系统出问题了 不再能够适应环境了

She sent me some of them.

有些人会跟我这样说, "即便如此, 我想如果我自己再多熬一年" 我就可以走出抑郁了

(Laughter)

对此我总是这样回答, "或许你能够自己走出来, 但是失去的青春你再也找不回了 人生苦短, 你现在却在跟我说 要浪费一年的时间(自己挺过抑郁) 你再想想

And I'm not wearing them right now.

关于抑郁这种情感, 英语中用来形容的词出奇地少 当然别的语言也多不到哪里去 我们用'depression'这一个单词 (译注: 中文可以翻译成'沮丧'或'抑郁') 即用来描述一个小孩子 生日那天天下大雨的心情 也用来描述一个自杀者 自杀前一分钟的感觉

(Laughter)

人们会问, "这是不是就是长时间的悲伤?" 某种意义上可以这么理解 悲伤和抑郁之间有一定的连续性 但是他们之间的连续性就像是 悲伤可以看成是你房子周围的铁栅栏 有一点生锈了 你需要用沙纸打磨一下重新喷漆 但是如果你的房子100年没有人住了 那么铁栅栏会锈蚀到只剩下 一堆黄锈 悲伤和抑郁的差别 就好比生了一点锈和锈蚀到什么都没有了 后者是我们解决的问题

I suggested to her that she also should look up obsessive compulsive disorder in the DSM.

现在人们会问 你吃了这些快乐丸(指抗抑郁药), 你快乐么 不 但是我不因为要吃饭而不开心 不会因为要回电话而不开心 不会因为要洗澡而感到不开心 事实上我觉得自己的感受比以前更多 因为我现在能够体会到悲伤, 但是不会感到虚无 我会因为工作上的不如意而悲伤 会因为破碎的爱情悲伤 会因为全球变暖而悲伤 这些是我当下能够体会到的悲伤 最后我问自己, "结论是什么呢?" 为什么有些人的生活条件更好 却需要去战胜更严重的抑郁? 又为什么我们能够康复? 我总是一次次地遇见 抑郁之后的康复者不愿意接受这段经历 他们会说,

"我很久之前抑郁过，我再也不想回忆那段时光了 我也不会再去分析它 我只希望继续自己当下的生活 讽刺的是，恰恰是这些人 最容易被他们过往经历的纠缠不放 回避抑郁，只会让它更凶猛 你越躲，它越强 而另外一些人 他们承认并接纳自己有抑郁这个事实 他们表现得更好一些 能够接纳自己抑郁的人 最终会康复起来

And yet, when I went to look at alternative treatments, I also gained perspective on other treatments. I went through a tribal exorcism in Senegal that involved a great deal of ram's blood and that I'm not going to detail right now, but a few years afterwards I was in Rwanda, working on a different project, and I happened to describe my experience to someone, and he said, "Well, that's West Africa, and we're in East Africa, and our rituals are in some ways very different, but we do have some rituals that have something in common with what you're describing." And he said, "But we've had a lot of trouble with Western mental health workers, especially the ones who came right after the genocide." I said, "What kind of trouble did you have?" And he said, "Well, they would do this bizarre thing. They didn't take people out in the sunshine where you begin to feel better. They didn't include drumming or music to get people's blood going. They didn't involve the whole community. They didn't externalize the depression as an invasive spirit. Instead what they did was they took people one at a time into dingy little rooms and had them talk for an hour about bad things that had happened to them."

弗兰克对我说 如果一切重新来过 那么我可能会换种处理方式 但是很奇怪地，我很感激 感激我经历过的一切 我很高兴住了40次医院 这段经历让我深刻的理解了什么是爱 我的爱人，我的父母，以及我的医生 这对我而言都是巨大的恩赐，过去是，将来也是。

(Laughter)

玛吉·罗宾斯说 我在艾滋诊所做过志愿者 我跟自己负责的病人 不断的说话，但是 他们的反应并不积极，然后我想 '是不是对他们来说这样不太友好，或不管用。' 后来我意识到 我意识到在第一次见面的简短聊天中 他们只要能够坐在那里就好 第一次的聊天实际上是一个机会 让他们认识到虽然我没有艾滋病，我没有等待死亡，但是我能够接受他们有艾滋病并不断恶化的事实 我们的需求是我们最宝贵的财富 后来我学会了 如何尽我所能(去帮助他人)

(Applause)

正视抑郁的价值 并不能保证不再复发 但是却能改变看待抑郁复发的态度 甚至会减弱抑郁复发的程度 我们要解决的问题 并不是要去找伟大的意义和决策 让你的抑郁看起来意义非凡 而是要去寻找这样的意义 能够让你思考，当抑郁卷土重来 "这会向下地狱般痛苦，但是我会受益良多 我从自己的抑郁中看到 情绪的作用能够如此之大 甚至能够盖过客观存在 而且我发现我的这段经历 让我能够更加强烈和专注的 去感受和体会积极向上的情绪 抑郁的反面不是快乐 而是活力 现在这段时间，我的生活充满活力 即便我有时会悲伤，也是如此 我看到自己的脑海中也进行着一场葬礼 我坐在世界的边缘 挨着一个巨人 我发现 身体里的一些东西 称为灵魂的东西 在20年前尚未真正的成型 直到地狱的使者突然出现 我想，虽然我很厌恶抑郁时候的状态 也很厌恶抑郁旧病复发 我还是会寻到一种方法接受并爱抑郁的自己 我爱它，因为他迫使我去寻找快乐 并牢牢抓住 我爱它，因为它让我在生活中 牢牢抓住 让我活下去的理由，虽然有时候也会不那么理性 虽然偶尔也会游戏人生 而这，我想，是非常值得高兴和赞赏的事情。

He said, "We had to ask them to leave the country."

谢谢大家

(Laughter)
(掌声)