

# Special Things That Significant Others Can Do for the Melancholy

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- Provide them with truth, order, reliability and dependability.
- Work very hard at helping to raise their self-esteem by reinforcing the positive and downplaying the negative within the environment.
- Allow them quiet time alone in order to regenerate.
- Show them that they are loved and appreciated, displaying only minimal amounts of physical attention. Otherwise, they will feel crowded. The best way to show this individual you love and appreciate them is by doing “special” things or tasks, such as washing windows, putting oil in the car, or helping them with housework.
- Do not interfere with their independence or what they are self-motivated to do or accomplish.
- Provide them with a home that is orderly and acts as a sanctuary away from the rest of the world.
- Do not make them feel foolish, criticize them, or confront them for their mistakes.
- Do not force them to take on responsibilities or make decisions in “new” areas where they are not comfortable until they have had ample time for this to become a “known area.”
- Do not force them to take on the sole responsibility for someone else.
- Be careful with money and show that you are attempting to be conservative with money.
- Understand that they have a limited energy reserve and do not push them beyond this level.
- Encourage them to develop habits and to do the same things at the same time every day. This will add to their efficiency.
- Assist them in finding employment in areas where they can undertake tasks with a minimal amount of interaction with people or the general public.
- Help this individual learn how to deal with anger constructively instead of destructively.
- Help the counselee focus their minds on positive things, thinking on things that are good instead of things that are negative. This will lessen their moodiness and depression.
- Help them learn how to replace bad habits with good habits, how to recognize their mistakes and learn from the past mistakes so they will not repeat them.
- Encourage them to show or express their deep and tender feelings in ways that are comfortable to them and to those they love.

An Excerpt from:

**Creation Therapy**

A Biblically Based Model for Christian Counseling

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