



## Differences between Male and Female depression:

Men are more likely to act out their inner turmoil while women are more likely to turn their feelings inward. The following chart from Jed Diamond's book [Male Menopause](#) illustrates these differences.

Female Depression	Male Depression
Blame themselves	Feel others are to blame
Feel sad, apathetic, and worthless	Feel angry, irritable, and ego inflated
Feel anxious and scared	Feel suspicious and guarded
Avoids conflicts at all costs	Creates conflicts
Always tries to be nice	Overtly or covertly hostile
Withdraws when feeling hurt	Attacks when feeling hurt
Has trouble with self respect	Demands respect from other
Feels they were born to fail	Feels the world set them up to fail
Slowed down and nervous	Restless and agitated
Chronic procrastinator	Compulsive time keeper
Sleeps too much	Sleeps too little
Feels guilty for what they do	Feels ashamed for who they are
Uncomfortable receiving praise	Frustrated if not praised enough
Finds it easy to talk about weaknesses and doubts	Terrified to talk about weaknesses and doubts
Strong fear of success	Strong fear of failure
Needs to "blend in" to feel safe	Needs to be "top dog" to feel safe
Uses food, friends, and "love" to self-medicate	Uses alcohol, TV, sports, and sex to self medicate
Believe their problems could be solved only if they could be a better (spouse, co-worker, parent, friend)	Believe their problems could be solved only if their (spouse, co-worker, parent, friend) would treat them better
Constantly wonder, "Am I loveable enough?"	Constantly wonder, "Am I being loved enough?"

**Please remember that these are *general impressions* of how depression and/or anxiety manifest in men and women. In fact, an individual usually has symptoms from both sides of the chart.**