So, what’s going on?

1. **Symptoms build.**
   - Low, not sleeping/tired.
   - Scared, fed up.
   - Can’t be bothered.

2. **Everything seems harder.**
   - Things seem pointless.
   - Not enjoyed.
   - Going through the motions.

3. **Cut down/stop doing things that seem hard.**
   - Only do things you must/should do.
   - Less pleasure/achievement/closeness.

4. **Count the cost.**
   - Smaller life.
   - Feel worse and worse.
   - Lose confidence.