

**Depression monologue - TRANSCRIPT**

Listen to the audio file in the 'More phrasing' activity and mark on the transcript below where the speaker pauses. Use / to indicate a pause (punctuation has been removed from the text).

1 people often use the term depressed when they're talking about being sad or  
2 down about something that's happened or a situation in life but depression is  
3 actually a medical condition which affects 1 in 5 people at some stage in their  
4 lives it usually involves persistent sadness negativity and difficulty coping over  
5 a period of time and it's not something you can just 'get over' but it does  
6 respond well to treatment depressive illness is similar to cancer in many ways  
7 it can affect anyone regardless of age sex intelligence social status in severe  
8 cases the condition is life threatening early intensive and occasionally  
9 prolonged treatment gives the best chance of totally eradicating the illness  
10 and reducing the risk of relapse a combination of your own efforts and  
11 appropriate medication produces much better results than either approach on  
12 its own