

# Dysthymic Temperament

This temperament is characterized by a mild but long-standing level of depression. Most people with dysthymia will also experience full depression at some point in their life.

## *Potential Strengths:*

Dedicated, hard-working, conscientious, moral, dependable, organized, humble. Your ability to see your own faults clearly can be a strength or a set-back.

## *Potential Limitations:*

Sad, low energy, self critical, worried/anxious, difficulty adjusting to change, high need for sleep (9 or more hours/day).

## *Dysthymic Disorder*

Dysthymic Disorder refers to a chronic, low-grade depression that persists for at least two years (and usually throughout life). Although the depression is “low-grade”, its persistence can affect people as profoundly as a severe depression. People with dysthymia experience little pleasure in life and may tend to isolate from others. On the other hand, the condition may strengthen their ability to shoulder life’s burdens: people with dysthymia often have very good work-ethics.