

# Signs of high-functioning depression: a self-check guide

101 Psychotherapy | Registered Psychotherapists | Greater Toronto Area

## 7 common signs of high-functioning depression

### 1 Persistent low mood that never fully lifts

Not necessarily sadness all the time, but a background flatness or emptiness that has been there for months or years.

### 2 Going through the motions without feeling present

You complete tasks, show up, and perform, but feel disconnected from what you are doing.

### 3 Difficulty finding pleasure in things you used to enjoy

Hobbies, social time, food, and other activities feel flat or pointless.

### 4 Low energy despite adequate sleep

You sleep enough but never feel fully rested or energized. Getting out of bed is an ongoing effort.

### 5 Pervasive self-critical thinking

A constant internal commentary telling you that you are not doing enough, not good enough, or that things will not improve.

### 6 Withdrawal behind a functioning surface

You appear engaged socially but are emotionally absent. Keeping up appearances takes significant effort.

### 7 Chronic low-grade hopelessness

Not a crisis, but a persistent sense that things are unlikely to improve or that satisfaction is not really available to you.

Ready to talk? Book a free consultation at [101psychotherapy.ca](https://www.101psychotherapy.ca)