

Life must be understood backwards; but... it must be lived forward.

Soren Kierkegaard

With the exception of those elements I cannot control, like flashback and sporadic episodes of paranoia, I live my life with the goal in mind and only use the past as a learning tool for the future.

I find vision boards an important tool to keep focused on one's goals. I did a vision board over a year ago. I made it a multi-media presentation with music and animation so that I would be encouraged to view it more. It is pretty shocking how those visions have manifested into reality and now it is time to do another vision board.

It seems that it is nearly instinctual for us, as human beings – to get angry and bitter. We have a false sense of control when we lash out. The reality is, we have lost control when we allow anger to override logical and rational thinking.

I spent years in anger, frustration and bitterness. It is still a journey for me and most likely always will be. When I wake up in the middle of the night and have just experienced in my mind what was real and seemed to be relived again – I get angry and I am not sure what to do with the anger.

Reminding ourselves that anger is not an emotion is very important. Anger comes from an emotion; i.e. hurt or pain. Therefore there is a choice when faced with these emotions. We can do something with them, deal with the core or we can simply get angry and allow the emotions to take over our logical thought process.

For all too many, anger is the only coping skill or tool that they have or know. It is the only way they feel as though someone is listening to them – whether they are “hearing” them or not is the question at hand. When you approach a situation or a person with anger – chances are all their guards are going to go up and they are not going to hear a word you are saying.

It is my perception that many feel that by helping the mentally ill – we are proposing that we “take care of them”. That is not the case at all. When you give someone the tools to deal and react to life and their illness effectively – you have handed off tools they will have throughout their lives.

One cannot take a mentally ill person that is incarcerated and say – “you need to live by the rules” – we can't punish mental illness out of them – in fact, we only make it worse with this approach. We can't simply sit someone in a support group and even give them understanding of their illness – If when we release them, they are released to family and friends who have NO understanding of mental illness and possibly don't even believe it is real.

I have always said – “If you don't believe my illness is real – why should I?”

It truly is a wraparound solution. Families must be educated as well. A society that simply sits back and makes judgments on something they know little about – are not helping anything.

Anger and judgments halt the ability to learn and thereby stop the progression of understanding and solving any problem.

When faced with things that you don't understand – it is only beneficial for yourself to stop for a minute, look for the core of the issue and gain some insight prior to speaking or giving your opinion. It is frustrating to me how so many of our leaders in this country and throughout the world are using anger as a communication tool rather than understanding or even educated opinions.

Take some time to stop and think... Take an aerial view of life – you might be surprised just what all you can learn and understand. You might even help the situation! Anyone can sit back and judge, that takes no courage at all!