

Recognize Your Weaknesses so you can Prevent Crashing on the Couch

Strength=the emotional or mental qualities necessary in dealing with situations that are difficult or distressing.

Weakness=the state or condition of lacking strength.

Trigger=an event or circumstance that is the cause of a particular situation.



I Am Fine

Emailed a friend this morning
Feeling safety from the screen's behind
She texted shortly after asking if I wanted to talk
I said, "No, I am fine."

Later, I spent some time talking with a neighbor
My world started spinning from overtired
She carefully looked at me with concern
But I said, "No, really, I am fine."

Went inside disorientated, my legs weakened by my brain's design
Sadly, I fell onto the couch wishing, I really was just fine.

I thought about what caused this crash on the couch I did not want this to be
If I'd paid closer attention to my feelings and what they were to me.

Could I have avoided this long lasting predicament if I recognized triggers immediately?
That the spinning room and sadness within meant pay attention and take care of me.

There is no one else upon this couch, it's only myself and me
If I said yes to my friend let me share my heavy heart would I feel more burden free?

So make resolve I said to myself, pay attention but also be kind
Take action to become more self-aware and do something rather than say, "I am fine."

Recognizing when we need help can be difficult. We might tell ourselves, “I used to be able to...”, “I want to do this...”, “I want to be strong”. But sometimes we just are not able and that is okay. In order to see our weaknesses (where we are not strong) we have to not only pay attention to how we are feeling in the moment but also admit when we aren’t feeling right and do something about it. We might need to ask for help or reach out, feel vulnerable and risk rejection. There might be a moment when we want help but we don’t know where to turn or feel like we have no one to ask or contact. Sometimes it just feels easier to say we are fine rather than admit we might not be feeling strong or that we would benefit from connecting with another. And if we don’t notice our sliding downward (aka our weaknesses) we risk the possibility of what I call crashing on the couch in order to recuperate.

Life and circumstances change. It is when we recognize what we can do well and what knocks the wind out of us that will help keep a pattern of consistently moving forward in life. Can we succeed at this awareness all of the time? Probably not. But that is when we need to be gentle with ourselves. Don’t push, breathe deeply, squeeze your earlobes, meditate, lie down, drink some water or get a snack.

Take a break, change your activity and be kind to yourself after all, you are the one who will live in the spinning chaos and you are the one who can get yourself out of it by taking charge of yourself before you crash on the couch.

Prompt: This is a list of triggers, activities and “things” that tend to put me on the couch in order to recuperate.

These are the strategies I can use when I feel like I am spinning out of control and am no longer strong:

Change is constant and crashed on the couch will change too. Eventually. And it is all okay.

Affirmation: I can relax, keep hope in my heart and awareness in my mind to better take care of myself and keep strong.