

Chapter 17: Work in Progress: The High Price of Ignoring Emotional Health

accompany them. We need to recognize that it's okay, even admirable, for someone to seek help for mental and emotional problems, just as we would for physical health issues. Emotional and mental health issues are not signs of weakness or moral failings; they are, in many cases, the result of our genetic lottery tickets and the environments in which we find ourselves. Just as we would not expect someone to "walk off" a broken leg, we should not expect someone with emotional or mental health issues to simply get over it without assistance.

My experience at The Bridge to Recovery marked the beginning of a journey towards understanding and processing the traumas and emotional scars I had accumulated throughout my life. Despite the initial resistance, embracing and immersing myself in the practice of emotional growth and health has transformed not only how I relate to myself but also how I interact with others around me, especially my family. It's been a painful, arduous process that demanded profound introspection and a willingness to confront deeply buried hurts and patterns of behavior. However, through various therapeutic approaches such as DBT, mindfulness, and the support of professionals and loved ones, I have been able to make significant strides towards healing and finding inner peace.

Addressing one's emotional health is as critical as maintaining physical well-being, if not more so. It influences every aspect of our lives, from our relationships with others to how we approach challenges and perceive ourselves. The tools and insights gained from my experiences aren't quick fixes but require ongoing attention and effort, similar to how one might approach physical fitness or a chronic health condition. They're about developing the resilience and skills needed to navigate the complexities of life with a sense of balance and wellbeing.

In sharing my story, I hope to underscore the importance of acknowledging and addressing emotional health issues. It's paramount to recognize when help is needed and to take the brave step towards seeking it. It's a journey worth embarking on, leading to a more fulfilled and harmonious life. This process is not a sign of failure but a courageous act of self-care and love.