I want to help you…

but I don't know if I can…

I don't know if you'll let me.

You came to me asking for help.
You're suffering.
Struggling.
And you want to do more or suffer less. But are you willing to change the *way* you do things, the *way* you struggle, the *way* you suffer?
Ask yourself the following questions?
If your answer isn't, "Yes," or at least, "Maybe?" to all of them, then my ability to assist will be limited.
It is my hope that we start our relationship with a, "Yes." to all of these questions.

1. Can you give up some of your old ways of thinking?

It is very likely that *how* you think helped create some of your problems.
Are you willing to try thinking in a new direction, to let go of some important values or patterns you've had, maybe for decades?

2. Can you forgive people who never completely understand you?

Every human being wants to be understood. They want people to appreciate what they've been through. When it comes to mental suffering, the cold, hard, truth is…

"No one will EVER fully appreciate the emotional agony you've gone through."

I won't.
Your friends won't.
Your family won't.

Nobody will.

But just because someone doesn't *completely* understand, that doesn't mean they don't care and it doesn't mean they can't help.

A surgeon may not understand the pain of an appendicitis but they may still offer assistance.

Let go of *understanding* as a prerequisite for support.

I will try to help ease your pain even though I will never fully understand it.

3. Can you be vulnerable?

I know you want to be in charge. But can you give me a *little* control? Can you follow my guidance, my direction? Can you let me lead you out of the woods?

I promise to listen to your feedback.

And I promise to return control of your life soon.

But I need you to follow my lead for the next window of time.

4. Can you accept difficult things when there is NOTHING to be done about them WITHOUT feeling guilty about it?

What can you do about horrible situations affecting you when there is NOTHING to change them?

The answer….accept them, accept them *without* blaming yourself for your powerlessness.

What does acceptance do?

It stops obsession.

It stops blame.

It stops escalation of emotion.

Some difficult things you *can* change.

Some difficult things you *cannot* change…these things you simply must accept.

One of the biggest things that falls into this category is your ability to assist, direct, and rescue others. Most of us struggle accepting that there is often *nothing* we can do insure that someone else will behave in a certain way or have certain outcomes.

This is often most difficult with our children.

5. Can you start to honestly, repeatedly, and non-judgmentally assess yourself?

The better information I have, the more I can help. Can you please start to keep track of your daily performance in a journal or chart or something?
This feedback will prove valuable to both of us.
You will learn yourself. Your strengths. Your weaknesses. Your triggers.
And the quality of information you provide will improve.

6. Can you give up the pursuit of excitement and seek serenity?

We all seek excitement and need a little of it in our lives but it cannot be the whole reason for living. Our electronic devices have addicted us to constant excitement.
Seek out peace just as frequently.
Stillness doesn't have to be bad.
"Boring" doesn't have to intolerable.
Remind yourself repeatedly to enjoy peace and silence instead of always searching for that next exciting thing.

7. Is performance the only thing that matters?

Similar to above…I know you want to do more.
We all do.
*But short-term performance isn't the **only** thing that matters.*
Long term stability and safety also count.
As does increased awareness of strengths and limitations.
Don't just assume that getting more done means that you are getting better. Look at the price you're paying in the long-term for that performance. Look at how much you're learning about yourself.

These are the questions you have to honestly ask yourself. These are the steps you must be willing to take to