

Trust and Reaching Out

This may well be the most important achievement of all; reaching out across the barriers that surround you and/or someone else. In a relationship, a normal argument or difference of opinion may involve both people having barriers. Sensitivity, guilt and residual resentment may make a subject taboo, very difficult to talk about or may take time.

This can be the case in any situation and will be stressful and difficult to cope with. You may have feelings of despair and think that a problem can't be solved or isn't worth it. This may be the case and something that you just have to learn to live with. Maybe not.

In a more serious situation, one person may be unwell and perhaps seriously. Communication will eventually help to deal with the situation and help with coping or even a return to wellness. This may be easier said than done and breaking through those barriers could be a real challenge but is imperative to starting the healing process. The barriers here may be trust based and defensive or even based on unreal beliefs. Here, breaking down those barriers is essential to identifying the problem(s) and finding a solution or solutions. This may well take a long period of time but persevere.

Communication with someone who is on a completely different wavelength and with changeable mood and concentration issues is not straightforward and at times may not be possible. Trust may have to be earned gradually so tact and approachability are important. Starting with simple conversations, a light touch will be invaluable. Find common ground and try to have reasonable conversations on simple and safe subjects. Be relaxed and natural. In the case of mistaken beliefs, you may have to gradually chip away at these. Encouraging someone to reconsider a thought pathway or experience is far superior to telling them how they should think. Their supposed truths may be incompatible with what you're saying and people can have a natural aversion to being dictated to, even if it is the truth. Take a neutral perspective. Tell them what you're doing today or describe a recent experience. While doing so, try disclosing what you were thinking while you were doing this. A simple and logical description of your own thought processes as you went through this will be useful. Be honest. You could say, well I was thinking this and then I realised that I was wrong so I had to rethink the whole thing. The connection is vital to what you are trying to achieve, be you family, friend or professional, and without that connection then you may as well be talking to a brick wall.

From the perspective of the person with issues, you have to be comfortable with this. You might not realise that there's a problem or may not want to address it. Think about how you feel. Number one, are you comfortable with your thoughts and as importantly, are you happy? Take time here because there's no rush. What do you feel comfortable talking about? If you're uncomfortable then describe how you feel instead. It's not absolutely necessary to discuss all of your problems in detail but If you start by opening up about your symptoms and how you feel then that's a good start. Chances are that the person that you are talking to knows that there's a problem. It might break the ice, enable that person to help and if it's useful can be the beginning of a broader conversation. Eventually, it's how you think that matters so it needs to make sense and make you feel comfortable. The person who is helping you may have the solution, it could be that simple, or perhaps not. Only you know what you've been through; they may be able to help with coping strategies or perhaps just encourage you to think calmly about what's wrong. Set objectives for how you want to feel and work together to make that happen. If it's a problem then it's best sorted out as soon as possible. Use methods like writing down your problems or how you're feeling and work through them logically. You can do this on your own or with someone. If you're feeling unwell or uncomfortable then please try. It just might help and usually will.