

“I want to live my life as I would love to!!”

How many times have we seethed this thought within us at different junctures or transitions to acceptance in life regarding our bearings?

Now, perhaps, we would resonate this “angst” as a teenager “hormonal adjustments”. However, that is not the only significant period that we may encounter this feeling.

Throughout our lives, we go through phases where we find that our needs are not aligned with (or within) our relationships. The dominant dynamics within certain relationships seem to overwhelm us and we need to seek an escapade to rejuvenate.

Life events occur without us being able to control them. And as usual, people tell us to “adapt!!” Be emotionally resilient, lean on your personal resources, relate with your supportive members... these, we all know

However,...

The episodes unfold themselves...

The “turbulent feelings”

Unsettling, embroilment – “I need to be listened to!!”

“Do you hear me??”

“You are not listening!!”

“No! No! No! U got everything all wrong!!”

“Didn’t you hear me??!!!”

“Get out!!”

“I don’t want to see your face!!”

So u turn to your empathetic friend... and everything that has all been bottled up within you, just comes outpour!!

Tissue, after tissue, after issue, after tissue, after issue... where is the train coming to the STOP!??”

Ok, so we are a tad unhappy, mmm, maybe not so happy, ok actually very unhappy...

Am I right to feel and react this way?

Guilt sets in?

Then dilemma

We then try to validate our feelings

Then we try to rationalize

Then we try to accept

Put things in perspective?

Could this be “the terrible twos”?? (as well)