

# Mountain Democrat

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PLACERVILLE, CALIFORNIA



## Bipolar Insights: New Year Resolution

By Marcia Rose

Jan. 5 is Bipolar Insights second class of the new year. Although I love the holidays, it feels wonderful to be looking out at the many chairs before me as I am preparing for class; it feels familiar.

As I write on the white board, I hear the door open behind me and the footsteps of someone walking quickly. I turn to see one of our members hurrying towards me with a huge smile on her face.

She repeats over and over, “I did it, I did it!”

Unsure of what she has done, I watch as she waves her journal over her head as she comes my way.

Before I can respond, she puts her journal in front of me saying, “Look, look!”

She points to the graphs while turning pages from month to month. I try to keep up with her as she quickly runs her finger across each page; her excitement is contagious as I watch her and feel her joy.

As the final month in her journal is revealed, she valiantly exclaims that she stayed in balance all year.

With tears welling in her eyes, she repeats: “All year!”

I reach out and hug her as she whispers in my ear, “Because of you.”

I in turn whisper, “No, because of you.”

She goes on to say she didn’t believe she could ever have this life — a calm, balanced life.

“I rarely think about bipolar disorder any more. I take my medication, complete my daily journal and come to class. I have learned how to live, how to manage my illness and I believe I can do this,” she said.

She smiles as she remembers more.

“In December 2013, I attended Bipolar Insights for the first time. I sat in the back and listened to every word you said and wanted to believe your message but struggled with doubt. I didn’t believe you when, week after week, you assured me that you believed in me. How could you possibly know I could achieve balance? I find it funny that your belief in me allowed me to believe in myself. For years I resolved to get better and not be a loser, but each year I was witness to another failure and more hopelessness,” she continued.

“On New Year’s eve, Dec. 31, 2014, I made another resolution, which sounded much like my past resolutions — to get better, be better and not be such a loser,” she added.

Her excitement returned as she jumped up and down, realizing how much she had accomplished this past year. She grabbed me around my neck and yelled, “I did it!” as her voice cracked with emotion.

Joy

By this time, tears are running down my face as I watch the pure joy of a woman who is free from self-condemnation and being identified by her illness.

I am reminded of my purpose, reminded of the need for this work and grateful to God for the wisdom and ability to help those who are hurting. I am truly humbled.

This year is looking pretty good right now and my resolution is to continue our journey and purpose at Bipolar Insights Educational Center.

For information and to purchase a 2015 calendar/journal go to [bipolarinsights.com](http://bipolarinsights.com).

Become a fan of Bipolar Insights on [Facebook.com/bipolarinsights](https://www.facebook.com/bipolarinsights).  
Bipolar Disorder is what you have, not who you are. All are welcome.

The co-founder and facilitator of Bipolar Insights Marcia Rose can be reached at [trust@bipolarinsights.com](mailto:trust@bipolarinsights.com). Weekly classes start at 7 p.m., Sundays at Marshall Medical Health Conference Room 207/208, 681 Main St. in Placerville and on Mondays, in Room 304, Green Valley Church, 3500 Missouri Flat Road in Placerville. The fee is \$5 per person.

Check [bipolarinsights.com](http://bipolarinsights.com) for complete details and further information.