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Bipolar Insights: Wounds

By Marcia Rose

Frequently I hear the recommendation to simply “put the past behind you.” That would be such wonderful and welcome advice if only that comment came with an explanation on how to accomplish that task.

Deep inside each of many is a wound that was placed there by someone else. Without warning — a word, a song, a place or even a thought can bring the pain of an old wound to the surface. It can invade your life anew. We do not invite the wound to visit, nor are we happy that, once again, it sits in front of us accusing, humiliating and degrading.

When these attacks happen without warning and tears fill our eyes as if the pain occurred yesterday, we can be left overwhelmed and alone with the hurt.

As I recall such one-liners as: “time heals all wounds,” and “love can heal a wounded soul,” I often feel as if everyone else has the secret to bouncing back from hurtful experiences.

It often feels as if I am the only one who is unable to rid myself from the wounds and pain I have carried for years. I have realized, though, I am not alone when each week at Bipolar Insights I see the faces of families who cry out in their pain. Having a mental illness is not the source of their pain, oh no, it is the words, reactions and abandonment from many around them that they carry.

Mental illness can and should be addressed just as any other chronic illness is addressed. The process is the same. Ask yourself if you feel there is a problem. If so, you need to contact a doctor, be evaluated and diagnosed. Once diagnosed a regimen of medication will be prescribed.

Many times we forget that prior to being diagnosed, an individual and his family walk a painful, fearful existence. Pre-diagnosis, those who have a mental illness are subject to bullying, rejection, humiliation and abandonment.

Wounds are universal and each story is unique. The veteran who still remembers the best friend he lost, the parents whose child was kidnapped and abuses of all kinds cause lifelong wounds.

A gentleman came up to me one day speaking of his son who has been diagnosed with a mental illness. As he spoke he bowed his head with tears falling down his cheeks and said, “I am sorry I am crying.”

I wondered when crying became something for which we should ask forgiveness?

I have learned that wounds can remain dormant, but from time to time you will cry and you will feel the pain. This visitation produces compassion so that when someone approaches you with tears and gripped with pain, you become part of a family that understands without explanation.

These are the moments where a hug speaks volumes and imparts that sense of not being alone.

The founder and CEO of Bipolar Insights/Mental Health Educational Center Marcia Rose has completed her new book “Journey From Bondage to Freedom” — a powerful tribute to the growth of two friends and their journey through mental illness and the creation of Bipolar Insights/Mental Health Educational Center.

For information Marcia can be reached at trust@bipolarinsights.com.

Weekly classes start at 7 p.m. on Mondays at Green Valley Church, 3500 Missouri Flat Road, Room 304, in Placerville, and Tuesdays at Marshall Medical Center, 681 Main St., Common Room First Floor, in Placerville. Check bipolarinsights.com for complete details and to purchase a 2015 journal. Become a fan of Bipolar Insights on [Facebook.com/bipolarinsights](https://www.facebook.com/bipolarinsights).

Bipolar Disorder/Mental Health is what you have, not who you are. All are welcome. Be sure to check the website for closures.