



My Emotions Are My Enemy

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I once had a husband who googled on the word “psycho witch” to find help for his wife who was having difficulty regulating her emotions. More and more I am finding that working through emotional trauma can be one of the most challenging challenges in a therapy scenario.

I am amazed at how many women and men push down their emotions. After a lifetime of “not feeling anything” for fear of the pain, our “pusher downers” do get incredibly broken.

What happens next makes sense when you think about it. Years and years of stuffing the pain of rejection and abandonment renders us useless in any emotional crisis in our lives. We try to push the foreign little buggers down, there is no where to go with them and then they spew out like a 100 mile an hour volcano.

Emotions are meant to be a healthy thing, but when they get so out of control, it is absolutely impossible to manage them. Instead of avoiding them, we become consumed by them. Now instead of laying silent and dormant, they blow, rage and rule our lives like disobedient children.

Broken emotion regulators can get fixed. There is hope. However, the process requires lots of resolve and determination. Just like any other broken piece of pottery, there has to be a lot of motivation to tackle putting the pieces back together.

There is hope! Brief intensive counseling is a very effective way to look at a broken emotion regulator. First of all, it is harder to “hold things together” for three hours instead of the normal 50 minute counseling session. Secondly, going five to ten days in a row eventually wears down the protective system that can stay in place for a day or two.

Go to www.missingpieces.org for more information on Brief Intensive Counseling.