

Sorry, I'm in two minds right now...

By Gage Nicholas

We are all struggling to work ourselves out. We all worry about who we are and what our place is in the world.

I am writing this as part of the long journey of self-understanding and self-acceptance. I am nowhere near the end of my journey, in fact I have only just began a few months ago and I barely understand who I am and where I fit into place. Like many of you reading, I don't understand everything about myself nor can I fully accept myself due to the lack of self-understanding, however I have found talking about it with my friends, peers, family and trained professionals can help you along your journey to knowing yourself.

Bottling up feelings and issues, hiding them from parents, friends and teachers is a tough thing to do. I know I have done it like the majority of people who read this. In the last few months in this journey of mine, I have been brave enough to let people I trust know about my issues. Removing the lid off my bottled feelings and issues has lightened my emotional state greatly and has allowed me to remove my mental shackles so that I can feel free in my own body. In addition I have actively searched for help and guidance to my journey, once again aiding me to get to know me. I feel that people keep hiding things because of a range of reasons, such as saving face, acting tough or because your scared of how people will react. My recommendation is simply to tell yourself you have the issues that you have, because the moment you acknowledge the issues at hand you have already opened the lid on that bottle of issues, preventing it from filling up to bursting point where nasty things may occur (trust me I have done that, and it wasn't nice).

A key reason why people normally don't come out with their issues is because they don't understand them or don't know how to describe them. People want exact reasons and descriptions, its part of human nature to fully understand things. However most mental health issues can be easily summed up to allow for understanding and recognition. You don't need a medical grade description of the issue at hand, just say what you feel and others will understand you. I did this, just saying my feelings, to make sense of my own issues such as my depression, clutter (a speech disorder) and my undiagnosed split personality disorder. It helped me so much when I did find help just to say it as I know it because then the people I had reached out to could tell me what was going on and how to understand it.

As I had said before the journey to self-understanding and self-acceptance is long and curvy, like Mr Potters famed slide to success. There is no easy way to get to know yourself but that doesn't mean there is no way to do it, you have to take the hits, take the fall so that you can understand the thrill of success. Openness, awareness and mindfulness are key things in day to day life, it prevents so many stigmas. We are all human, we all struggle and needing help is a normal thing. That's why I have shared this information to everyone. Have a great journey, no matter the trials you must face.