

I need Help

Silvia Jacon Bolen

How much easier it is to answer to such a pledge coming from a friend than to make it ourselves! Nevertheless we all need help from time to time in our lives. When this need for help is related to practical things such as finding a new accommodation or buying a bike, for instance, it doesn't seem to be so difficult to find the right friend to give us a hand. However, when the need we have concerns our emotional world, such as a broken relationship, a difficult family dynamic, feelings of anxiety or depression, then, asking for help becomes a bit more complicated...

Pride seems to me to be one of the greatest "saboteurs" in allowing us to get the support we sometimes so much need in life. Most of us in the "civilized world" grew up to believe that "needing help" is a thing for the weak, for the children, for the poor, for women or the psychically disturbed people. "What are my friends going to think of me if I show myself this vulnerable?" "I'm strong enough to solve my problems on my own, I don't need any help!"

That sort of attitude leads to an isolated suffering and many times even to psychosomatic diseases, such as migraines, ulcers, asthma and others...

It is true that sometimes we manage to go through the worst alone and carry on living "more or less like before"; the problem is that it can also happen that we didn't really solve the problem but just suppressed it and found a compromise in the depths of our souls which sooner or later will claim its price.

The one who isolates him/herself in order to "manage alone", keeping a facade of well-being and strength, believes that others cannot see his/her pain. Mostly he/she is only hiding from themselves whilst those who care about them keep trying to find ways to get through their defences. People who need help but are too proud to admit it refuse to accept any suggestion to improve their condition and need sometimes a long long time to come to terms with the fact that there are moments in life when it is really ok to discuss their problems with someone else and "open the door" to new insights. This attitude has nothing to do with weakness but with courage and humbleness.

The famous "all you need is love" at times is not enough, work needs to be done; reflection on our patterns, questioning our old belief systems, considering different points of view or simply creating space to express our sorrows, our anger or resentments. And if we have the courage and compassion for this task we can find ourselves renewed!