

FROM DISCOMFORT TO WELLBEING AND RELAPSE: THE PROCESS OF LOSING POSITIVE HABITS

You may have experienced the discomforts of feeling unwell, physical, emotional, psychological, general.

It is not a place we want to be living from normally.

You probably have searched for many ways to change that state. Perhaps you have chosen a variety of coping mechanisms; from avoidance, numbing, distractions, to supports in the form of health professionals or learning new skills and habits through self-help.

If you have progressed to the coping mechanisms that provide relief without negative consequences, it is likely that you have achieved a higher sense of wellbeing, aliveness, competence, empowerment. Life is good again.

And how do we find ourselves again in the pit of discomforts, unease, unwellness, lack of joy in life?

What has happened? We had been doing well just a while ago!

Or was it last year?

It may feel like a sudden change, although it is likely that it has been progressive and perhaps a constant decline.

Is there anything that you used to do in that period of wellbeing that you are not doing now? Is there anything that you are doing now that you did not use to do in that period of wellbeing?

It is quite possible that some of your coping mechanisms or positive habits have been left aside.

When we look back, we may have lots of explanations why that has happened. This may go from "urgent things came in the way", "I got diverted by other things", etc.

The fact is that those skills, habits and coping mechanisms have gone into disuse.

At the beginning you probably did not even notice the changes when you stopped or interrupted those habits. Like most things, the effects are rarely immediate or fulminant. Hence, "I'm still well, even if I don't practice or apply them". But, again, like many things, they tend to have a cumulative effect, they build up ... in this case, they deplete us from wellbeing feelings.

How can psychotherapy help me with that?

There are a variety of techniques and processes that can assist you in learning to recognise the triggers and even the very slight signs of decay in wellbeing. This, along with exploring and restructuring thinking and behavioural patterns, can support you in sustaining more constantly all the positive habits and skills that provide a sense of health, aliveness and empowerment in your life.

It is a life process, so even if it's possible that we get side-tracked occasionally. It is the frequent checking and re-alignment of our route towards wellbeing that will mark the general course of our life.

By Integrative Biodynamics