

7 QUESTIONS:

My Mental Health Continuum

- 1) What are some of the ways I have been taught (intentionally or unintentionally) to deal with crises? Who did I learn my crisis management lessons from and what (if anything) would I change about how I deal with crises?
- 2) How do I react when I am struggling emotionally? Who or what do I turn to or turn away from when I feel overwhelmed, fearful, etc.? Again, where did I learn this strategy? What if anything would I do differently?
- 3) What does “Surviving” look, sound and feel like to me? What are some of the messages I have learned about what it means to survive as the person I am and/or the communities I represent (write out the messages)? Do these messages help, hinder, harm or support my healing?
- 4) What does “Thriving” mean to me? (I asked this and several related questions in my post 7 Questions: Thriving. Feel free to take a look back).
- 5) Has thriving been something that has been discussed in my family or other circles I frequent? If so, what are the messages and if not, what impact (if any) has the omission of what it means to thrive had on me as I move towards healing?
- 6) How would I define “Excelling” for myself and my situation? What is my vision for excelling in my family, intimate relationships, work relationships, etc. that I want to actualize in the short-term and in the long-term?
- 7) What role, if any, does love, justice and liberation play in how I navigate through the continuum towards my vision?