

Taos News Article

The Taos News has committed to implement a weekly column to help educate our community about emotional healing through grief. People may write questions to Golden Willow Retreat and they will be answered privately to you and possibly as a future article for others. Please list a first name that grants permission for printing.

June 18, 2015

Emotion Floods in when Space opens...

Dear Ted,

As summer has arrived, I have noticed many emotional issues pop up that have been “put on the backburner” over this last year. I am going to be a senior in High School this next year and I’m starting to feel levels of freedom and fear about when I graduate and what my path will be after graduation. I have had many losses in the last couple of years and I thought I was doing well with them. When summer arrived, it felt like all those losses came pouring back into my consciousness leaving me sad and anxious. Will you please give your perspective on this?

Thank you, Pouring

Dear Pouring,

Like the clouds arriving this spring, it appears your emotions have caught up by filling your heart and eyes with certain unsettled tears. I must commend you on being aware of and paying attention to your emotions at your age. So many people, of all ages, will stuff and avoid unresolved emotions. This causes more compounded and complicated grief. When you have unresolved grief it is easy to get caught in such a level of emotional turmoil that the future seems overwhelming. Often you feel as if you need to defend or avoid the past, and this leaves very little room for conscious and healthy decisions in your actual present moment. Poor decisions are often the result of being flooded with worry about the past and future. The more the emotional laundry is cleaned and put away, the easier it is to analyze current decisions in order to make the best choices.

You bring up an excellent point regarding being busy. Often emotions are not resolved and then when a bit of space opens up, the feelings come pouring in. Often, a change such as summer vacation, a new season, a new societal or family role can bring up unresolved wounds/losses. They seem to use any opportunity to let you know that they are still within your psyche. They are waiting, impatiently possibly, to be seen, heard, and valued. When they are, they can begin to heal rather than fester. This festering causes emotional, spiritual, physical and mental pain.

Many people will continue to find ways to avoid emotional issues by being too busy, or through addiction. These are all ways we push our uncomfortable feelings down. This survival method can keep someone comfortably miserable for years. Then it can become so difficult, that they begin to suffer. This may take years, decades, even a lifetime. Finding support, addressing historical losses, and having some level of closure will help you make more conscious decisions in the present. This will help your future manifest one step at a time. When you become panicky about your future goals, I would

recommend you take a breath, look at your issue, and decide. What will help you let go of fear and will bring positive action into your life in this very moment? It may be as simple as catching your breath and getting a drink of water, and then what is your next step? One step at a time – just like a ladder. It works for me and maybe it will be beneficial for you.

Thank you for writing in and sharing your dilemma. I hope you can enjoy your senior year consciously and responsibly so that your future plans will align with your potential.

Until next week, take care.

Golden Willow Retreat is a nonprofit organization focused on emotional healing and recovery from any type of loss. Direct any questions to Ted Wiard, LPCC, CGC, Founder and Director of Golden Willow Retreat at (575) 776-2024 or GWR@newmex.com