

REDEFINING ILLNESS: WEAKNESS OR STRENGTH?

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"I am terrified
by this dark
thing that
sleeps in me."

-Sylvia Plath

Fear of Crisis

Hypervigilance
to Symptoms

Wellbeing
Anxiety

Management of
Identity

Mistrust of
Perception

FEAR OF CRISIS

CRISIS

危

A time of danger;



机

A time of opportunity;



HYPERVIGILANCE TO SYMPTOMS



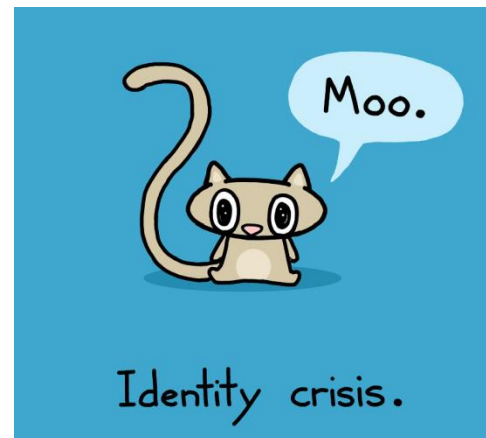
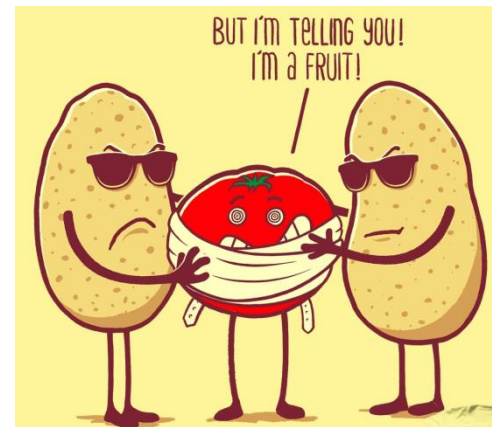
MANAGEMENT OF IDENTITY

After going through a prolonged
and intense existential crisis



bear was feeling a lot more
confident about who he was.

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MISTRUST OF PERCEPTION



Awareness and acceptance of the potential for Crisis being part of human development

Experiences (symptoms) are internal communications: indications for action

**WELLBEING
ACCEPTANCE**

Acceptance that Identity is a discovery not a given “fixed” knowing

Acceptance of the fallibility of all human’s perception

WEAKNESS OR STRENGTH

If we are to accept these four concepts as truths or even just parts of the puzzle ... is it possible for us to transform our understanding of our experiences from weakness or vulnerability to ...

Strength

Opportunity

Education

Cornerstone of OUR human development

In fact necessary for us, in our individual circumstance, to become all that we can be.

The required cocoon metamorphosing the caterpillar to butterfly.



Weeds are flowers too,
once you get to know them.
A.A. Milne