

Parenting Tip-



This is for any family wanting to help a mentally ill person start to recover. I have been going through an experience this last month with a couple of full grown adults. It reminds me of how important it is to approach any mental illness with this certain style. **BLACK AND**

WHITE

is the method for dealing with a mentally ill person, adult or child.

This Is What Happens With Every Mental Illness:

1. A **foreign** set of emotions and thoughts start to enter the person's brain. The person **confuses** these thoughts with their own "normal thoughts and emotions".
2. Not knowing the difference between these **"foreign thoughts"** and their **"normal thoughts"** the person responds to them by listening to what these thoughts say, feeling what these thoughts feel. Now the person reacts to these **"foreign thoughts and emotions"** and has somewhat **irrational** behaviour **mixed** in with their **normal** behaviour. When people try to help, the troubled person can accomplish some logical things for themselves, but completely miss the **"point"** in another area of taking care of their lives
 1. Ex: Understand they are ill and go to see a counselor, and then come home and throw out all their bills because the government is a conspiracy (paranoia)

2. Ex: Cooking food and going to a job to earn money, and then coming home sleeping all the time believing that life has no hope, and nobody loves them (depression).
3. This leads mentally people into endless circles. The world of decision making becomes very "**gray**" and inconclusive.
4. That is because they don't realize there are two different trains of thoughts going through their mind.
5. Mentally ill thoughts are very persuasive and when a person chases them in circles they will be chasing them for 20 years, it will never stop.

Do you know a parent struggling with this issue and their child?

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These thoughts are so real that the person is usually unaware that they are mentally ill.

This will last forever unless people around them cause a **BLACK AND WHITE** environment. This is how to help mentally ill people. Get rid of the gray in your communication with them.

I had a female friend whose spouse left her suddenly. She was devastated and a depression and anxiety psychosis set in. She was demonstrating an inability to take care of herself and suicide was a risk. She kept trying to contact him to talk even though he had a restraining order against her and the police reminded her of this every week. Every day I told this one person "your husband has left you, he is not coming back, your health is now your first priority, you have to get some sleep and start eating-Do you understand?!!!".

I **repeated** that to this lady over **100 times** in one month, over 10 times a day on some days. She even asked me to

stop but I **didn't**. I could see it in her eyes that she **knew** her husband had left her, but she **didn't get it**. Most people aren't that clear or give up after 5 times of repeating themselves, afraid to make a scene. **I am not afraid**. She is also out of her psychosis now and able to take care of the basics and provide for her health. After doing some necessary self improvement and therapy while learning to be blunt with herself, she is in the clear and doing just fine.

No drugs can offer that service, and neither can doctors. Doctors are only there for an hour at best, friends and family are there all the time. Friends and family are the **key** to helping a mentally ill person. Are you that kind of friend or family member?

Where some people get confused is that they think you have to be nasty to be **"black and white"** with someone. This isn't true. You can be compassionate, and loving and kind. The key is to be **"black and white"** and speak with clear language. Help them sort through the fog. In my weekend seminars for parents I offer an in depth explanation of this and how it can be used to pull some people out of their psychosis, along with other strategies involving medication.

If you find it difficult being this tough with your teen or adult child

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for secrets to success

Call to action

1. Think about the person who is struggling in your life and observe where you think this person is having a foreign set of thoughts and emotions.

2. How are they struggling between some logical actions that they take, and then some irrational ones?
 1. Where are they living in a mix matched world of decision making?
3. Make a commitment to become very "black and white" with them. This is how you will squash their irrational thoughts and behavior and make them more self aware.
4. Contact me (**403-391-4184**) for a strategy session and I will give you more real life examples, and an action plan for what to say and what to do.

Attack Plan

**This is All About Giving Your Child a Better Chance in Life
Relieving Your Own Guilt And Stress, and
Creating the Happy Family You Always Dreamed of**

1. We sit down and map out a strategy- you, me, and at some point, your child. Beginning with what your current situation is and what future you desire, we plan the steps to be taken, the time lines for improvement, and the accountability process for achieving your goals.
2. The first part of the your plan is about changing your mindset and those behaviours that are not getting the results that you want, but continue to worsen your situation over time.
3. When you change your own behaviours, your child will respond differently too.
4. Strategies will deal with how to deal with your own anger and frustration so you can stay calm in the midst of your child's storms and gain skill at managing

- tempers on both sides.
5. Built into your plan, is ongoing support- more intense at the beginning as you develop new habits, then gradually moving to "as you need it".

For Teens and Adult Children Struggling

If you are ready to feel better about one of your children

OR

You know a parent you would like to see GET HELP

tom@streetsmartcounselling.com

to email me right now

text here

403-391-4184

For quick response

Let's make this a 2 way conversation

Sincerely,

A handwritten signature in black ink, appearing to read 'Tom Barthel', written in a cursive style.

Tom Barthel
Street Smart Counselling