

Mental Health

Transient Shift around Thought, Balloons and Bricks

Trev Williams DRAFT 3 - 6 April 2015

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Transient Shift around Thought

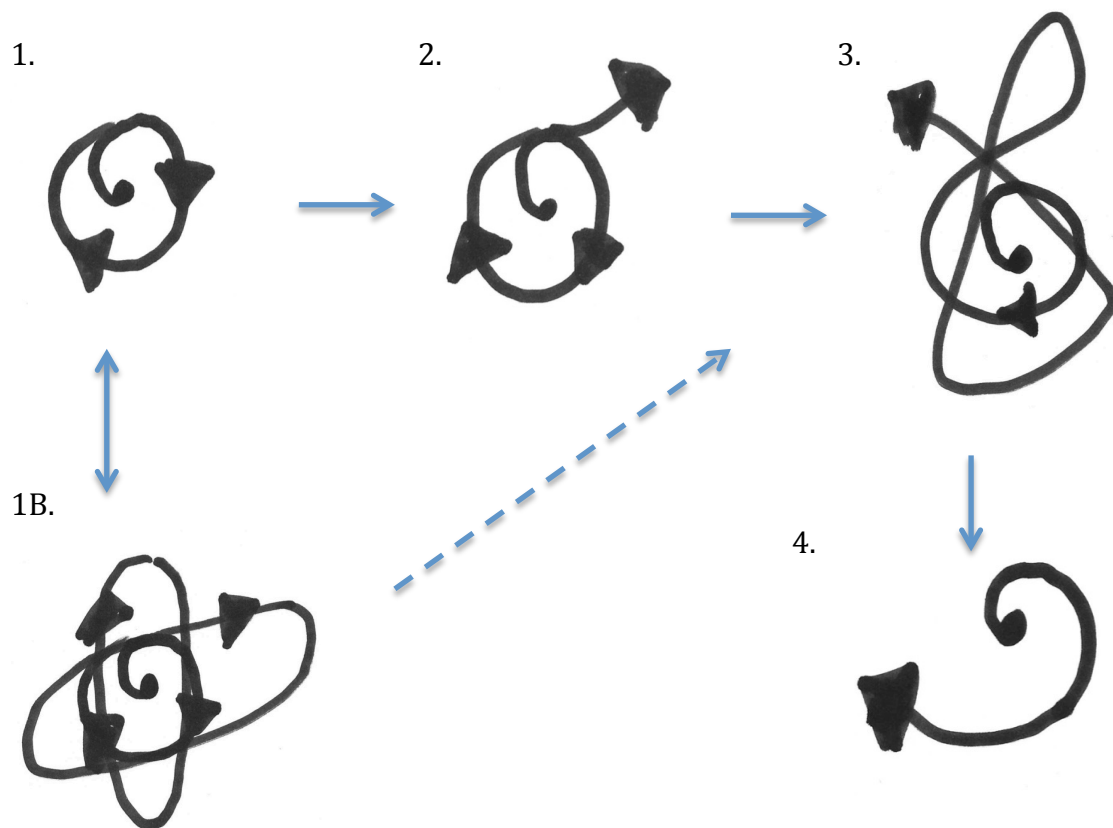


Figure 1 is an unhealthy mind circling a problem, it is stuck :(

Figure 2 is a transient shift, which is a point when a discovery or shift in thought allows a brain, which was stuck, to move away.

Figure 3 is a semi-healthy brain moving around a problem but more freely. I would consider this to be normal state for most people coming across most problems.

Figure 4 is a brain moving away from a problem with ease. I would consider this ideal but possibly unrealistic most of the time.

Figure 1B is an unhealthy brain circling a problem in different ways. This could be from blocking or avoiding the thought issue, drugs and alcohol are often added here as are medication depending on the situation.

HOW TO MOVE!

An ideal progression from Figure 1 to 3, I believe relies on understanding, and indeed moving on comes from that point. (See [Balloons](#) and [Bricks](#) below). I hope to develop this later as movement is the most important strategy but for the moment knowledge that movement is possible is the key.

It is common to believe in a line from 1B to 3, I'm not sure I do though so I have put it in as a dotted line for now! Certainly I know going from 1B back to 1 and onwards is valid, and indeed the state of 1B is a good coping strategy and indeed may be necessary for a number of reasons in certain situations.

Balloons and Bricks

Here you could say **Balloons** are emotions and **Bricks** are facts
(Although you could perhaps also say a **Balloon** was uncertain and a **Brick** was certain)

A.



B.



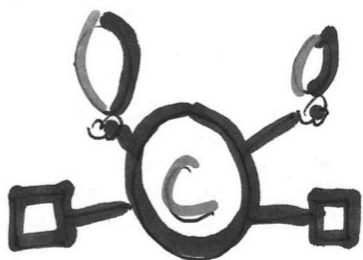
Person **A** who is stable has **Balloons** and a **Brick** in their life.

Person **B** who is unstable also has a **Brick** but their **Balloon** is larger

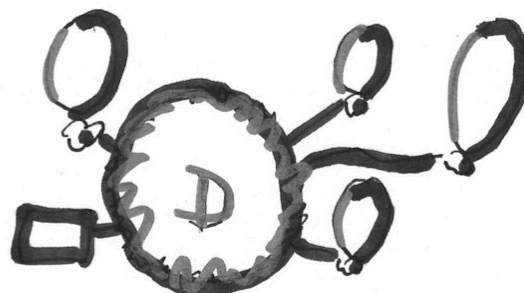
Person **A** is likely to be able to cope with their **Balloon** and deal with their **Brick**, their **Balloon** could be released or light but it doesn't effect them.

Person **B** has become unstable, therefore someone outside may not be able to see what is the problem, and indeed they may not be able to tell which is **Balloon** and which is **Brick** themselves. The instability is separate to the **Balloons** and **Bricks** and equally needs thinking about and addressing.

C.



D.



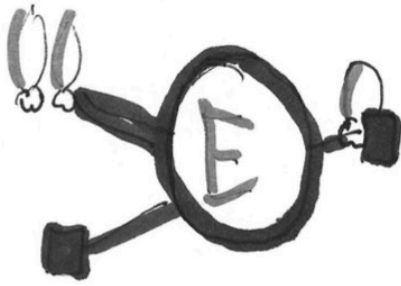
Person **C** is healthy but has lots of **Balloons** and lots of **Bricks**,

Person **D** has too many **Balloons** and has become unstable and perhaps cannot see their **Brick**.

Person **C** should be ok but might need to consider reducing a **Balloon** if needed.

Person **D** is unstable, perhaps because there are too many **Balloons**, but equally they might not be able to see where the **Brick** is. Indeed the **Brick** again might not be obvious to an outside help, which might make it difficult to resolve or help the situation.

E.



F.



In reality there may be multiple **Balloons**, and **Bricks** and **Balloons** together. Healthy person **E** has a friend, they have an emotion towards that friendship which is a **Balloon** (this could be a positive healthy **Balloon**), and a **Brick**, which is the fact they are friends.

Unstable person **F** also has a friendship, but the **Balloon** (here negative) has become a lot bigger than the **Brick**. There are also bunches of balloons which means releasing a balloon in a bunch, or indeed popping one might not create a full release which is desired.

Paranoia

Complexity can also occur if a **Balloon** appears as a **Brick**, and I would say this isn't beyond comprehension for a healthy brain to get to if the situation was right for it. Paranoia would be when something, which is rationally not true, is perceived as true.

Depending on the severity of the Paranoia, it would be important when trying to help not to say "that's a **Balloon** not a **Brick**" but indeed to rationalise it from the point of view of the person who is paranoid, and if required try and make the **Brick** come across more **Balloon** like.

If the paranoia is not detected, one could potentially build **Bricks** on **Balloons** and this quite clearly would lead to problems if and when the supporting **Balloon** is uncovered, released or pops!

Anxiety

When a **Brick** appears as a **Balloon** someone may feel Anxious. It is very unsettling to not have a solid **Brick** and indeed you cannot build with a **Balloon**. A true representation of this would be that a **Balloon** has in fact attached itself to a **Brick** and needs to be separated.

What to do with Balloons?

Deflate – Not all **Balloons** can go, but you might be able to deflate them.

Release – you could release a **Balloon**, or indeed something external might help you do that.

Pop – You could pop a **Balloon**, although this might not be constructive, and links with anger, it is perhaps a common resultant in media portrayal of negative mental health stories.

Acknowledge – you could acknowledge a **Balloon** as knowing its there might make it lighter. Someone else might be able to acknowledge your **Balloon**, which might be even better.

Positive Balloons – some **Balloons** may be positive, generally these are **Balloons** which someone has either come to terms with, or is consciously using for a positive outcome.

What to do when unstable?

As with all unstable figures the stability makes the **Bricks** and **Balloons** appear as one, and indeed I believe a healthy way to understand your own mind might be to look at your current situation and depict it in these terms to see what might change or separate, and indeed to hopefully state more healthy before problems occur. Have a go.. :)

Do I Need to Tell someone about my Balloon?

If a person is for example in figure 1 or 1B in (Transient Shift diagram above), with lots of hidden balloons, or an issue they haven't dealt with but is affecting them, a strategy might be to declare a known Balloon in order to function on another task. Indeed this is why state 1B is in my mind not an ideal place to stay.

An example might be, does someone declare they have depression to themselves, but also to others? Would it make them feel better or indeed make it easier to function with another person? Or is the stigma around issues like this still too great and would it therefore make the situation worse?

My main reason for writing about mental health issues is to raise awareness and understanding but also my hope is that talking about things like this becomes more accepted.

(Ref: meditation I would consider also to be helpful for this for some people.)

Trev Williams - 1 APRIL 2015

This is a working draft and I welcome comments, Feedback and questions to Trev@TrevWilliams.co.uk