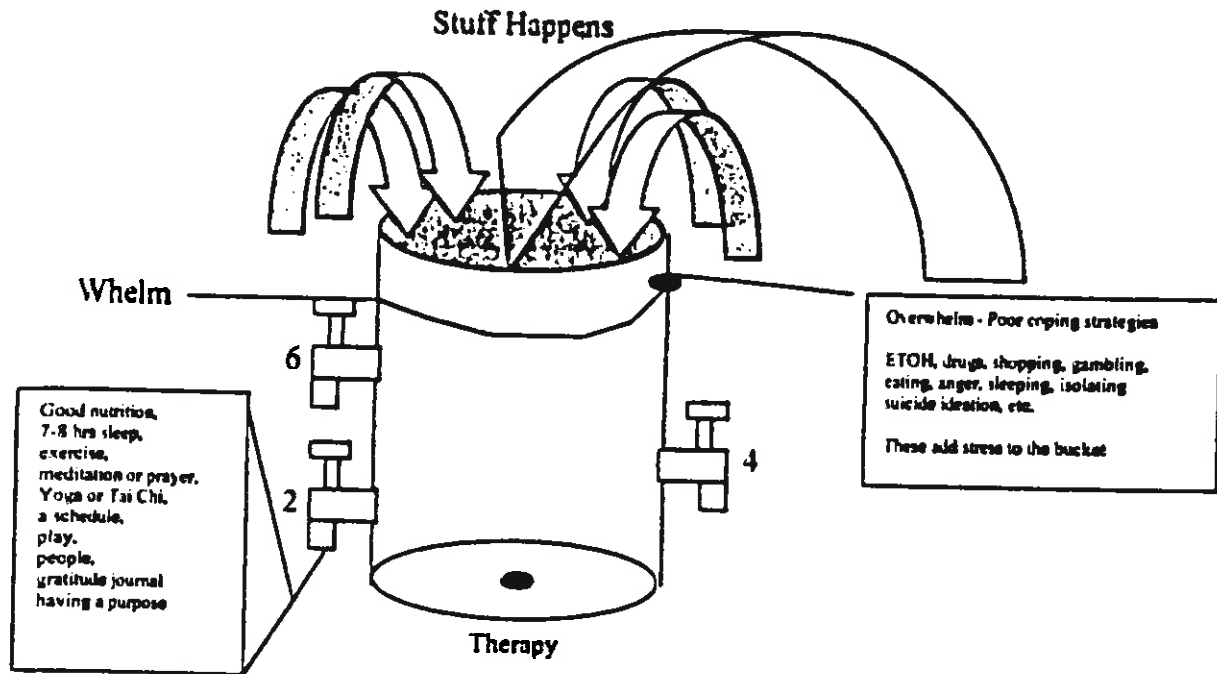


How Life Works
 (or the secret to managing all the crap that happens on a daily basis)



Everybody has a bucket. This bucket is your ability to cope with life and with all the things that life throws at you. How fast your bucket fills depends on how much is coming in from the outside. And it depends on whether you have drain valves open to drain the bucket.

The drain valves are your coping skills. They allow you to lower the level so you don't reach "Overwhelm."

Overwhelm is where people act out when they are "getting stressed". This is typically your "bad" habits: using substances, shopping, anger, eating, suicide ideation, drinking, gambling, etc.

The 2 valve represents daily skills. Stress is a normal part of life so you need daily skills, like mindfulness, journaling, exercise, nutrition and good sleep just to keep on an even keel.

Some times, in spite of your daily skills, stress increases; things happen. The 4 and 6 valves represents coping skills to drain off additional stress. This allows extra stresses to be released regularly and not accumulate. Life stays manageable. Remember, keep doing the daily skills and add additional activities at 4 and 6.

Note that the lower valve is not at the bottom of the bucket. There will be stuff that your coping skills never touch. This is the accumulated stuff of life, the traumas of childhood or later. For this stuff some therapeutic interventions are required, represented by the plug at the bottom of the bucket. Therapy can clean out the sludge at the bottom