



EPISODE 7: GAIN FAMILY

- Speaker 1: [00:00](#) You're listening to the bipolar now podcast, episode seven.
- Speaker 2: [00:04](#) All right, welcome to bipolar now the weekly podcast for doing life on your terms, not the illness, and now here's the host of your show. Mike Lardi.
- Speaker 1: [00:18](#) Well, Hey, hey, hey Mike here with you and oh my gosh, I cannot wait for this episode. I asked my sister to get on the show with me this week and she tells me, Mike, I have so much and I need to hear about so much that I'm still still seven, eight years later that I'm trying to deal with from when it all fell apart for you. Now I'm not going to harp on this one major event endlessly, but it does continue to teach and in this instance, the worst possible. I mean, the worst case scenario of mental illness actually ended up becoming the catalyst for my family drawn closer together than ever. And I did not anticipate this. But now of course I wouldn't be without it. So I'm now going to pump this show up any longer than I have to just listen along as we tell an incredible story and I'll bring it all full circle to you and how you can leverage your worst episodes and the worst family frictions into the most phenomenal support you've ever known. Here we go.
- Speaker 1: [01:39](#) So Erin, this is so much fun. The we got to get together and do this. You know, I dragged all my podcast equipment up to Santa Barbara to try and do this with you. And, and of course, like every single trip that I take up to come see you, I forget something. I left a cable behind. And if it wasn't that I'd leave my medications behind or something, I'm just doing these, trying to just get the heck off this mountain and come see you. But it's too bad that they don't have that on video because I mean that's the place where my students would recognize as the living room, right where the teaching goes on and where I'm introducing lessons and things like that. So we didn't get a chance to do it there, but maybe someday we'll get it on video and people can see what we're talking about because it really is special to come and visit you.
- Speaker 1: [02:23](#) So thanks for being on the show today. Yeah, thanks for having me. So, um, there is kind of a misconception that I want to bring up real quick. And this happened, this idea happened to me on my last trip up to Santa Barbara and I thought to myself, you know, medications is kind of like these mudslides that happen up there. I mean, if people are watching the news and anything that happens on the news about California, it's like we're either on fire or there's a car chase going on or there's these epic mudslides, which you guys had not too long ago. It blocked the one oh one freeway for how long? Our think it was at least a month. A month. Yeah. That freeway was blocked. I'd have to look it up or taking the train to get around it. People, they were

EPISODE 7: GAIN FAMILY

trying to come, you couldn't even take the train for at least a couple of weeks. So that was buried to the tracks are right next to the freeway. Wow. So yeah, you couldn't get through at all people you had to go all the way up and around to the five I sank. Oh my goodness. Yeah. Even people who are trapped up there unless they, yeah. And so all around and take a plight or get on a boat.

Speaker 1: [03:30](#)

One of the things I was thinking about when I was up there was seeing the burn area and then this is how it is in California in area burns and it typically burns in September, October, November. And then the one time a year that it rains is in November, December. You know, we get like our little narrow winter time rains and then of course the hillsides can't hold the wet earth. And so it all comes flying down into these people's yards. And I thought about this because you and I were talking about medications and how you were like, Mike, I know you're going to be okay because you keep taking your medications. Yeah. And the thought that popped into my mind because I'm on these boards, these different places where people who have my condition, they post questions and rants and things like that and there's little communities that have popped up around this disorder and everybody wants to know how to do their meds right.

Speaker 1: [04:15](#)

And I always really don't know exactly what to think about that because having lived with medications now for seven years, I view them like sandbags. So you know people when they're preparing for the rains, they put the sandbags on the hill. Sandbags is like medications. It's like you put the bag on the hill, but if it is really raining and coming down, the mud is going to hit those sandbags and do what you know right over go right over top, right into that person's yard, right into their living room, destroy the house. And that's, yeah, that's what bipolar is like to me. It comes right to illness. It's a thing that comes right into the living room of my life and destroys it. And so I thought to myself like the medications are good, you put them on the hill and it'll stop a lot of the mud.

Speaker 1: [05:05](#)

But if there's a really torrential like storm happening in life, it's going to go right over that. And I can literally feel the mud of like, of stress and overwhelm and things that are going on from me. I feel it hitting my sandbags, which is my medication that's like, it hits it [inaudible] and if it's serious it will, like you said, just go right over, go right over. And so kind of the cool thing that I got thinking about is, okay, so like in my courses, what I teach my students is I don't teach them how to sandbag necessarily. Like yeah, we work on that and we work out how to have a great relationship with your doctor and how to, how to move past medications being a thing for you. But I teach them

EPISODE 7: GAIN FAMILY

actually how to build a nice strong retaining wall and the mud can come and hit that and slide down the side of the house and go down into the street and around the house.

Speaker 1: [05:57](#)

And that's literally what I'm teaching with all of these practices and disciplines and things like that because you got to build that wall, otherwise it's just going to fly right over your feet if you're depending on your medications, can't just be the one note they're going to let you down. Absolutely. So I thought that was so cool to be able to drive through your area and have that thought come to mind that it's like the sandbags are good, but they're not meant for the really heavy rains. Right. And it's just kind of like a thing. I gotta protect yourself. So, you know, used to ask me if I was okay with coming back up to Santa Barbara and maybe it's kind of a PTSD thing, like remembering the trauma of it. But do you remember always being like, well how do you feel about being up here? Oh yeah. I still think that from time to time, even though I know you wouldn't, it's, it probably doesn't affect you

Speaker 3: [06:47](#)

any more or it might, I don't know. It doesn't seem like it does, but I think because that's where like you said, everything went down so bad and like, you know, obviously that's where my, my biggest experience with you with bipolar happened. Um, and there were so many different areas around town and things you experienced when you were there, um, when you had your episode. I don't know. I think I still just hope you're okay obviously. And then I'm just, I think I'm always probably going to be concerned that there might be a trigger or just something that you might not, um, not even realize it's still inside of you. And maybe that can get

Speaker 1: [07:28](#)

pulled out. Yeah. Yeah. Those memories are there, but thankfully they're like a washed over with, it just feels like a kindness when I go up there because the police were so kind to me when they picked me up and were questioning me and then they took me to the Er. I mean like the fact that that went so well and all the, I mean I do have maybe more strange, uh, memories of like Ventura and Ohi and trying to get that direction and not exactly remembering how exactly to get to your house because I had no phone and no wallet on me. I had just left and took off to try and find you. Actually, I think I'd love to tell that story right now because when I was in San Bernardino, it's like I just stopped working for me, like situations and people, I stopped fitting in where I wanted to fit in.

Speaker 1: [08:19](#)

And I think we've talked about that on previous episodes when Daniel asks me about how it was, you know, to kind of be like cut off from certain people and from the community that I was trying to build into all that time. And I just remember my manic

EPISODE 7: GAIN FAMILY

episode was like, it was like ebbing and flowing during that time. It would like hit me really hard and I'd feel really confident about wanting to leave and try and just get some more fresh and make a new start somewhere. And there's other times where I was scared to death to leave because I had put all my eggs in that basket in San Bernardino and those people and the church that I was a part of and all of those experiences were so meaningful to me. And then all of a sudden it was like they just got thrown away. And I recall jumping on the freeway and I was borrowing grandma and GRANDPA's van.

Speaker 4: [09:07](#)

Okay.

Speaker 1: [09:08](#)

And I would just hit stop it. All these random places. Like I remember being at the 99 cent store in Rialto and like there was this couple walking in and they were like teenagers, this teenage couple. And here I am like stopping the guy and giving him marriage advice and stuff like how to take care of this girl. And like, I just felt like every, every place I went was like the most like special thing that I could be a part of. And then all of a sudden I'd flip the switch and get into this really aggressive mode. And I remember jumping back on the freeway and like, this guy was doing like 95 miles an hour through traffic, you know, like medium Sunday afternoon traffic and towards La. And I was like, I'm going to punk this guy. Oh Geez. And Grandma and GRANDPA's van. Like, can you imagine grandpa's phase if he knew that that's what I was doing with his Honda Odyssey. Yeah.

Speaker 4: [09:55](#)

Okay.

Speaker 1: [09:56](#)

And I was just flying through traffic on this guy's tail. I'm like, I'm going to punk this guy until he gets off the freeway. Yeah. And then I landed in Pasadena and I went straight to the old campus where I almost went to school. I was up at art center and I remember going there, I was still in my pajamas in barefoot, you know, I had nothing in my bare feet walking around that beautiful campus in the afternoon and there was nobody in there and I was staring at all of the work that the students were doing that semester. And I was like, this wasn't your life dude, you couldn't make it here. And I just started crying as I was walking around campus. And like I remember there was a group of students on the lawn and I was like bawling in my hands. And as soon as I look up, they see me and they all like scatter and I just go on the grass and fall on my knees in that late afternoon sunlight now it was like, this is like I am nothing, I am nothing.

Speaker 1: [10:52](#)

And then I heard a voice and it said Michael and I just left. So I got in the car and I drove to Ventura and I was there talking to the street people cause I look just like one of them. Yeah. And they were so kind to me. They're like, where are you trying to

EPISODE 7: GAIN FAMILY

go? I said I'm trying to go to Ojai and there was a friend of mine who had helped me while I was sick, while I was manic and a friend of mine helped me and he didn't think anything different than me and I figured if I could at least go say hi, go see him and say hi and see what he's doing. Cause he works at camp up in, up in the hills there and he's homeless people got me, you know, pointed in the right direction and it is like confusing at night to drive around there with no gps during the day.

Speaker 4: [11:46](#)

Yeah. And I'm

Speaker 1: [11:48](#)

driving around Ojai in the middle of the night and I'm talking to cops. I'm like, where is this camp? And they're like, it's right over there and I could never find it. Yeah. And the strangest thing happened. I was like up at that best western or some hotel that's up in town there, there's like a bar across the street and these kids were hanging out in the Jacuzzi and I thought it'd be a bright idea to go jump in there and talk to them. They're all drinking and having a good time. And it was so bizarre. Like this is a really bizarre story that I don't tell because I really don't know what to think of it, but I got into that hot tub with my pajamas on and they didn't care. They were just talking to me. And this one guy, young dude, Hispanic, he's talking to me and I don't know where he says, I have a demon. And I was like listening, you know? I was like, okay, what does that mean? He's like, the demon goes to sleep when I drink. And I was like, Oh really? You know? Okay, this is getting weird, you know? But I was like, okay, tell me about that. And so he's proceeding to explain the things that it says to him and tells him to do and all these things and write about, now I'm thinking I gotta get Outta here. [inaudible]

Speaker 1: [13:00](#)

yeah. And um, and I get out of the hot tub and like two or three of them are like, are you an angel? And I was like, okay, I really gotta get Outta here, you know, and I run my clothes out of all the water in right in front of 'em, you know, didn't care that I was buck naked right in front of him and I just took off. I just left, got in the car and left and I found the camp and I wound up at the camp and my buddy wasn't there. Obviously it's been, you know, one o'clock in the morning, midnight and I'm, his boss's door was like cracked open with the light on. So I went in there and I was like, maybe I'll just hang out in here and go to sleep. But there was nowhere to sleep and I felt really like spiritually vulnerable after talking to that guy because at this time, like my spiritual intensity was like maxed out, you know, everything seemed spiritual, everything was super from God.

Speaker 1: [13:52](#)

You know, this person that talk that everything that I arranged. Yeah, exactly. Like I would pull off at a gas station and wait for somebody to give me money because I thought God had told

EPISODE 7: GAIN FAMILY

them they were supposed to give me gas money. That was my state of mind. And so I felt so vulnerable. So I spent the night in the van and it didn't sleep. A winking. I was still mad and crazy. And that morning was the morning that I somehow found your doorstep when you were living on red. Roseway and I banging on the door and you know, telling me you were out of town am banging and banging and I'm revving the engine on the van, you know, and your neighbor comes out, you look, well, you know what the hell? I was like explaining, I'm looking for my sister, I need help. And, um, I was like, I need to phone. And so he gave me his phone and somehow I called mom cause I was the only number that I knew by heart by then. And I called her and she's like, where are you? And everybody back home is looking for you. I was just like, who

Speaker 3: [14:52](#)

cares? You know? And the guy gave me money for breakfast and that was the morning where I wound up on the beach. What beach was that? Right over there. Shoreline. But you know what's interesting is the guy you're talking about, my upstairs neighbor at the time also has mental health issues himself. Oh Wow. So he told me he recognized that in you. He knew immediately you are not in your right mind. Yeah. And so he's, he told me he recognized that and that's why he, he knew that he knew it wasn't something you were in control of. So he wanted to help. Yeah, it was, I know he gave me like 10 bucks. I went down to that McDonald's at the bottom of your street. Yeah. And ordered something. And then I drove down to the beach and that's where I had my massive breakdown. Yeah.

Speaker 3: [15:38](#)

Yeah. You're done with the shoreline. So what was going on in your life? How old were you? Okay, so how 25 I guess 24 right. So what did you have going on where you're working? Since I was working at that point, I probably had three or four jobs and going to school at the same time. Um, yeah, I had just finished. Um, I was doing a lot of what it that way. Yeah. Yeah. That was probably the busiest I was in my life. It seems like we were both that way. I mean, isn't that the time in life where you just naturally get busy? Yeah. You're an adult. Well, I mean in, for both of us, you know, mom and dad were, they were supportive, but they also had pretty good boundaries with, okay, if you want to live on your own, you need to afford to live on your own.

Speaker 3: [16:28](#)

And that's it. Which is like, Duh, don't really think about it. You know, unfortunately there's a lot of, especially in college, like you know, you run into a lot of people and make a lot of friends where their parents are, they're paying for school, they're paying for living expenses and that's wonderful that they're able to do that. But it was, it was different for you and me. So just that alone, you know, where I live, it's very expensive, so you have to have at least a couple of different jobs, you know, to

EPISODE 7: GAIN FAMILY

make ends mean. And then at the same time you're going to school. But I think, I feel like in your early twenties you're just feeling invincible anyways and you have, I mean, you have energy to burn like that. I can't think, I mean, I cannot think of doing that now. I mean, you got to hustle at that time in life and not that I'm above doing that.

Speaker 3: [17:15](#)

I would do whatever I have to do at this point. Obviously, you know, stuff hit the fan tomorrow, I'd do whatever it takes. But it's crazy to think back at your 20 something self or even your late teen self and like, oh my gosh, like how did you work that much and go to school and like have a relationship if that was, you know, whatever, whatever's going on. Yeah. Yeah. It's pretty extraordinary. Totally. When you really think about it, it's the time where the drift kind of happens in the family. Yes. I felt like I was starting to drift. Like I didn't see you hardly once or twice a year. No, cause I've been moved out at least three years at that point. And even before then you had been moved out. So I was in high school when you had first moved out and I mean it's just, it's those self-involved years, not that we didn't have a relationship, but your, your relationships mostly with yourself between 18 and like,

Speaker 1: [18:07](#)

yeah. For you. Okay. Where am I here? Need, I mean you do. I want to be, yeah. Yeah. It's just, you're trying to figure it all out. And I think it was the worst possible timing for bipolar to manifest. You know, I'd had it on and off since I was 18 but not to that intensity. Of course, you know what I mean? Severe depressions, but like, I mean snap out of it after a few weeks. But the drift that happens relationally in the family, I think that's the worst time. You know, bipolar is like, it has a bell curve to it. Like you've seen this before where there's like the big fat part in the middle. Like in a classroom, everybody gets a C average, right? That's a bell curve. A few people are getting an A and a few people are getting an F and a lot of people are getting Bs and Cs and Ds and bipolar is, has a bell curve where it's like in your early twenties to mid twenties like that's where most people land in the hospital or the, or they wind up in a doctor's office and they hear those words, you are bipolar and they tell you all the reasons why they think so and so.

Speaker 1: [19:05](#)

I mean, what a worst possible time for me to feel like disconnected and almost like, like, well, I don't doubt that I felt like, I know I felt like a failure and family is not who I ran to. I was trying to run to these other people.

Speaker 3: [19:21](#)

Yeah. Now for you looking at me like, see, I couldn't observe myself, I didn't have that ability back then. Was my big meltdown that you witnessed in Santa Barbara? Like was that something that you'd never saw coming or were there hints of

EPISODE 7: GAIN FAMILY

it? Um, so I, I'm not sure. I would say I didn't see it coming. I, I think I didn't see it coming as far as that extent goes. But mom had warned me like plenty of times, like at least several weeks or months before it happened that this was going on with you and you were not acting like yourself and all of these things, unfortunately that happened to you during this time. The cars and all that stuff, it was just, it was just making, you know, adding fuel to the fire. And so I knew something was going on. It wasn't totally in the dark about it, but I think I wasn't, I didn't know that it was going to manifest like that.

Speaker 3: [20:18](#)

And that was, I mean it was, it was bad. Right? Yeah. So, but yeah, I don't, I wouldn't say I didn't see it coming, but yeah, because I dunno because of mom's warning. I think that was the only thing though. Had she not had told me that your behavior had gotten a little erratic, I probably would have been really thrown aback by it. Yeah. Yeah. Cause I want to say you visited me at all three places in county where I landed. I want to say you were there every single time. Yeah. I mean, what, what were you seeing each of those times when you came? Like what were you hearing? What were you feeling? Yeah, so the first, again, like the first time I saw you, um, was it the hospital originally in Santa Barbara cottage cottage. And I just remember thinking, okay, just gotta go with the flow.

Speaker 3: [21:10](#)

Just be really mellow whenever he says, just go with it. No big deal. And so at cottage that was, that was really, I mean it was, it was obviously challenging all three places, but that was, that was really hard. Um, just cause it, it was, it was you in a hospital setting, not for being traditionally sick, but for being, you know, mentally sick and seeing that they had to have, you know, a security guard right outside the fitting room because of whatever had happened leading up to before I got there and I wasn't even allowed to use the bathroom. And then so seeing, um, you know, I was like, you're in an a jar in a jug on the floor and um, you know, you were just, you were so high at that point. Every single thought that came into your head was coming out of your mouth and it didn't matter what it was, it was like any little thing you observed, any, anything that you, it didn't matter.

Speaker 3: [22:00](#)

Nothing made any sense really. And then you got obsessed with looking through this magazine and telling me about all these celebrities in there. And, and again, just, just, just sitting there just like, yeah. Yep. Totally. You know, just going with the flow. Cause what are you, what are you, what else are you going to say in that moment? I know it's not you. I'm not talking to Mike. I want to talk to my brother. Right. I'm talking to like this, this being that has been hijacked mentally. Yeah. And I knew that cause I know I've known you my whole life. Obviously I've had a

EPISODE 7: GAIN FAMILY

close relationship for the most part. So yeah, I think I just, I didn't want to, I didn't want to react to that because I knew it wasn't you and then you're acting. It was, it was interesting because the second time I saw you and even the first time, but the second time was, um, you were like a tour guide almost.

Speaker 3: [22:50](#)

So when I, when I came to county and picked you up there, um, you know, you want to introduce me to your roommate and you know, then this is the nursing staff, you know, it was like you were there on a little mini vacation or something. And then when we met you in Ohio, same thing, you know, oh, this is the wall of where we put our artwork. Uh Oh this is my roommate's such and such. And you know, and again, we're just kinda like, yeah, you know? Yeah. Nice to meet you. And again, just going, just going through the motions with whatever you were, whatever you wanted to do. Cause that's all, that's all that was gonna work. Oh Man. Yeah. I remember that hospital too. I was kind of proud of my state. Yeah. I would say that honestly, I went back into a little ministry mode, which I ended up from all my years of being a Christian.

Speaker 3: [23:37](#)

Like I went into this little ministry mode where I was like wanting to like connect people to God. Yeah. You know, and they were in these crazy broken situations and I was trying to like speak beauty into their lives and oh my gosh. Like I can remember it all of it. You know, it's funny that, that's part of my mind that just like goes haywire during manias. I just want to be like, oh, everybody is loved by God and you can know him and you know Jesus died for you anyway. It's good. Yeah. That's a positive. And he's like so overblown. Yeah, exactly. It's so over the top, you know that it's, yeah, it's it. Yeah, exactly. So I got out of there, we wound up back at your house. Um, dad must've taken the van home. Yeah. So mom and dad came up. Um, I for whatever reason just couldn't get out of work.

Speaker 3: [24:25](#)

So I tried to wait as long as I possibly could because I knew they were on their way up there. And you were at my house a couple hours to get through la a little while. And I remember I was waiting till like the very last minute where, you know, I even had called him and said, look, I'm going to be 15 minutes late and you know the cause, which was always fine there anyways, cause it takes a while to turn over, but it says can be late. And then I knew, so mom was in I think Ventura at that point, which is only another 30 35 minutes, you know, to my house. And so I had to leave. And so I remember leaving and just feeling, feeling bad that I was leaving you first of all, but also scared because I hadn't heard. Yeah. And I had a 30 minute window where if you, I mean you were really burned out at that point.

EPISODE 7: GAIN FAMILY

- Speaker 3: [25:09](#) God, you are tired. Like you, you were just run down. Yeah. So I was hoping like, okay man, worst best case scenario, he takes a nap on my couch. Worst case scenario he takes off. Yeah. And, and I mean I, you know, like I had no choice but to think that cause you had done that, it was something that had happened so close to everything else. And so I remember going to work and just those first 30 minutes being there, like waiting for mom's text, you know, or call to be like, I'm here, I got him. I was it just to know that you were, you had been passed off to like the next person. So to speak, which sounds terrible to say that, but it was right. It was the truth. Cause you could, I mean if you left alone we don't know what the hell you're doing.
- Speaker 4: [25:55](#) Yeah.
- Speaker 3: [25:57](#) Mom could have never guessed that I wanted to drive home. Yeah. And that's, I mean obviously that was super scary for her. Oh my gosh. We can talk about having faith. I mean she just had to sit there and just, okay, please just get home like on a second or third or fourth wind behind the wheel and the with wind. Yeah. Got it down to La. I was like, mom, let's go get pizza. So I drag her down Santa Monica Boulevard and we get pizza and we didn't get home til like one o'clock in the morning and we left your house probably like four in the afternoon. Yeah. And poor mom just had to white knuckle it all the way home and pray that I would not destroy us both. That is incredible. That is incredible. Well here we are, as I've told our listeners in the beginning, you, I, we seem to have had like a reboot and a restart in our relationship and we've taken it to another level.
- Speaker 3: [26:50](#) Um, how do you relate to me differently now? I don't know if I really relate to you differently necessarily. There's been like, there's been a lot of, there were a lot of years, even up until that point where we had a really close relationship. I would say I definitely got way more protective. Yes. Um, like, like probably extremely, I've saved some of your Christmas cards and birthday cards where you're like, I will cut above it. You feel bad. It's the truth, right? Cause it's like I know everything you've had to go through to get well. And I just, I like the thought of anything or anyone coming in and like destroying that or taking it, which I know would never happen. But who knows, right? Like life life, life is life. You can't predict everything. And as much as like you're awesome. Now, 99.9% of us believes you're gonna stay awesome forever. Right? Until the day you die. But that 0.01% is, you know, is always going to be present for all of us. Right. Regardless of metals or not. Like we're all, it's kind of scary to think like we're all just one, you know. [inaudible]
- Speaker 3: [28:07](#) amazing to think that, you know, this could happen, you know, everyone is susceptible to anything. So you know, knowing that,

EPISODE 7: GAIN FAMILY

you know, it makes me think like, okay, all right, I just want to make sure there's never going to be like that one thing or that one person, you know, that would make you, that would trigger it again. And if that were to happen like yeah, like that's where, you know, we all have like that dark stuff inside of us that we know, like we're all capable of doing something terrible. Right. And like the only, there's, there's like two things in this planet that make me think like I could really like go out there and like do something bad, you know, somebody or something that would, that would ruin this for you. So that's been probably the most significant shift and it's just, it's really just because I want to make sure you stay well and that's it.

Speaker 3: [28:57](#)

Even though it's not in my control at all. And I know that, I know it's like all in God's control and what you're choosing to do, you know, everyday making these like totally conscious choices to keep yourself on the street. I, yeah, I think I just always, I'm always gonna be concerned. I'm always going to have a concern in the back of my mind that what if something happens? Yeah. Even though I know it won't. I know, but yeah, and I love that. Yeah. So let's wrap this up for our listeners. Think about the listener who maybe right now is in shoes that you were in when you were with me or maybe they know that this is a pattern in a loved one's life. Since we're talking about family today and how to gain them back, you know, what would you say to somebody who's living in that or has to face that?

Speaker 3: [29:46](#)

Again, I would just say treat him. Treat him like he would if their, whether they're going through a manic episode of depression episode or not. Because who I know you to be is not who you are when you're manic is not who you are when you're depressed. Because I saw both of those and definitely the depressed side. I didn't see firsthand because we were about, we weren't living together [inaudible] that pretty good. Yeah, I heard, I mean taught calm and phone conversations and whatnot. Yes. I knew you were going through some dark stuff, but it was, again, it was hard at that level in life because you were, it's like the college years, right? Everybody goes off the deep end a little bit. Oh yeah. You're figuring it out. So I think we, maybe not we mom, you know, mom and dad, maybe not some, but I think I definitely play that off more is like, oh, that's just my trying to figure figure out.

Speaker 3: [30:41](#)

But I don't know. Coming, coming back to, you know, when you're going through these, these highs and lows and again, I don't see those at all anymore. I would say, you know, I'm sure, I know they happen to monthly, but I don't see them at all. But when they are going through those, just to keep being supportive, treat it like it's not them, just treat them like you normally would because I didn't, he can't have judgment on that

EPISODE 7: GAIN FAMILY

at all. And don't try to fix it. He'll probably, I would say don't try to fix it. Yeah. Cause it's not, it's not something you're going to fix first of all. Yeah. And again, it's not them. So it's like trying to fix, trying to fix something that isn't there I guess. Which sounds maybe stupid to say that, but it is, it's trying to fix something that's not real.

- Speaker 3: [31:33](#) I don't know if that makes any sense at all. But you just, just to sit and have a knee, have your ears open and accept everything that's coming out of their mouth and you know, not, and it's like the nod and smile, you know, become like the yes man. Like, Huh. Yup, totally. Sounds good. You know, and just, just accept everything that they're saying cause you know it's going to pass. Yeah. And you hope is going to pass I should say. Um, in this case we know who pass. Um, cause we know you take care and care of yourself, but yeah. Yeah. I would say just be the ear, you know, just be, be Jesus.
- Speaker 4: [32:08](#) He, she says she can never go wrong with that and be the big man to hear you say that it's special because
- Speaker 3: [32:15](#) what I was looking for overall was acceptance, right? Things were falling apart at a rapid rate and I was looking for acceptance. And You provided that and I felt safe with you. Yep. And you bought me shoes.
- Speaker 4: [32:27](#) Yeah.
- Speaker 3: [32:30](#) Well that's going to wrap it up for this episode. I know you and I are looking to the future. Part of what drives me is the ability to tell you better stories whenever we get together, you know, and that way,
- Speaker 1: [32:40](#) every day when I make choices, I'm like this result in a story that I want to tell Aaron the next time I go to Santa Barbara. And I think that really points me forward. And so I hope between what you've offered to our listeners and what I'm saying to someone who's in my shoes trying to manage and deal with this thing is just live to tell a better story. Anything else we want to say? God got a lot of things I could say. Well, you left that all out and I was very good. All right. That does it.
- Speaker 5: [33:06](#) Yeah.
- Speaker 1: [33:17](#) Wow. I had to really go back into that crazy time and feel it all over again. To be able to show you what it means to have this disorders strike your family, and Aaron is truly my fiercest and my most loyal supporter, which is why I dedicate my health and the ongoing preservation of my sanity to be able to tell her new and better stories. If you approach each day like this, saying,

EPISODE 7: GAIN FAMILY

how will I use today to tell a better story, or maybe how will this temptation affect my story? You'll find that it makes the hard decisions very clear and very attractive. If you want to know my secret, this is it. I do frequent story checks to make sure that what I'm doing [inaudible] is going to turn into a good story for my family so they don't have to worry about me quite as much as they used to.

Speaker 1: [34:15](#)

To bring this to life in your own family, I've put together a free discussion guide in the show notes for this episode. Just go to MikeLardi.com forward slash seven and the questions are at the end of the show notes. You can load them up on your phone and have it in your lap with you for when you choose that quiet time that you're going to sit down with your family supporter and do some real talk. This show is about you building higher quality relationships and family is key. Also, if you got a burning question about family support and your dying to know how to get it restored, then I highly, highly encourage you to stop by the bipolar now podcast group on Facebook. Just use the Hashtag ask so that I see your post and that way I can address it more in depth on our weekly Facebook lives about this episode.

Speaker 1: [35:10](#)

So those are your two action steps for today. Get ready for a good old fashion healing style conversation with that one important family member, the one you need to get it right with. And you'll do that by using the discussion guide at mikelardi.com forward slash seven that's Mike Lardi.com and then the forward slash and then the number seven. Then head on over to Facebook and jump into your podcast tribe and give us a good ask or share anything about family. Do that and you'll see some exciting gains in your level of family support. So that's going to do it for this week. Next episode, you are in for another treat. How did get past the many crises that bipolar creates with a simple hack on how you use your phone? You'll get to meet a longtime friend of mine who has invested in me from the beginning, and he's going to share some very valuable insights into the management of any crisis, so you don't want to miss it. I'll see here, same time, same place. Adios.

Speaker 5: [36:23](#)

[inaudible].

Speaker 2: [36:28](#)

Thanks for listening to the bipolar now podcast at www dot mike lardi dot com.