



EPISODE 30: TRUE FRIENDS ARE WORTH FINDING

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program. You're listening to the bipolar now podcast, episode 30.
- Speaker 2: [00:40](#) 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: [00:52](#) welcome everyone. Welcome to another episode. It's Mike here with you. Glad to be joining you. As always, this show is going to be a lot of fun for me. You know, this is a interesting, this, this day, uh, has been difficult, but overall I feel very refreshed and I kind of, I understand where some people who love the change of seasons like this, you know, we're, we're pretty much in fall, you know, by now it's October. And I've, I've always been perplexed by people who are refreshed cause I'd never typically looked forward to it. And, uh, now I kind of get where they're coming from. And so, you know, I've, I've had like a history of struggling with, you know, seasonal depression and things like that. When the weather gets colder and the light gets lower and, uh, the last few years that hasn't been the case at all.
- Speaker 1: [01:37](#) And it's quite a relief. Let me tell you quite a relief. And I think I can attribute part of that success, uh, to just getting outside during the whole changing up of the season. Like I get to walking every day, but I make sure I get, you know, an extra walking in. I do a morning and an afternoon walk and that forces me to be outdoors. I mean the elements, you know, I'm getting tilted in the face with acorns as I'm walking around and it's just, it's phenomenal to be outside and to feel the whole energy of the earth. Just shifting around and doing that cool thing that it does every year. And I just, I got to tell you, like, I don't worry about, you know, what I'm going to do with my time or how am I going to feel, um, because I pushed myself to get outdoors.
- Speaker 1: [02:22](#) So of course, you know, I'm all about sharing little tricks here and there on this show. And that's definitely one thing that I've learned is just get that walk, force yourself to be outdoors. And then I just continue this all year round. You know, when the winter rolls around, I'm going to pull out all of my heavy clothes and I'm going to put them in my closet and I'm going to start stocking those heavy socks, you know, and I'll put them on, I'll get my long Johns on, I'll, I'll throw my jacket on with some

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layers and I'll go walk for 30 minutes outside in the freezing cold of the mountains. And I love it. And I just, I just can't get enough of a, of being, you know, in the seasons changing, you know, of course I'm always going to prefer summertime. Spring is pretty cool, but I love summertime.

- Speaker 1: [03:05](#) I love just the light and I love being in the places that I get to go. And the Lake is just shimmering in the summertime. And so, you know, my favorite season is summer, but you know what, I'm starting to dig the fall and I really can't wait to see what this, what this new season brings. So, you know, today's episode is about having friendships, having real friendships, having real relationships with friends. And so, you know, being that I had this episode coming up on the calendar, I thought, you know, it'd be a really cool thing for me to get my lifers together and these are my guys that I text every single week and I give them a kind of a play by play on my mental health and what's affecting it and any flare ups of my bipolar disorder or anxiety or anything like that.
- Speaker 1: [03:50](#) I throw that in there as a memo like, Hey guys, I got this going on. And then I actively take every single week in that text or in those phone calls when we follow up. I actually take that time to train my guys. I gotta train them on how to respond so that when something does come along and when I'm at like at a more elevated risk for my illness, then they're not going to freak out or panic. And I'm actually really proud of these guys. Like they, they never seem to be intimidated by it. Like I'm always kind of checking in like, Hey, like I'm having a hard week. Does it bother you? Do you think you're going to have to like, you know, pull some stunt and come get me and uh, and they're like, no, we're never worried about it. Whatever you need, Mike, we're there for you.
- Speaker 1: [04:33](#) So this week was incredible. I've got three guys, check this out. This is incredible. I got three guys and they're in their mid thirties. So you know, this is a full throttle time of life for, for a guy, you know, he's got a family and a career and he's just go, go, go, go running ragged all the time. And I somehow got three guys in their mid thirties, mid to late thirties. I got 'em on the spur of the moment to come make plans to be with me. Isn't that incredible? Like we all decided on the central location, there was a great Mexican restaurant, uh, locally here in the Valley and we all decided to meet. There's, each one of us, uh, really loves that restaurant. And so we all from our different locations came and met up and I had such an incredible evening just spending a dinner meal with these guys talking about where we've come from and where we think we can take this thing.

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- Speaker 1: [05:27](#) And honestly, because these guys hadn't spent time around each other, they just know each other through the text. Um, they really couldn't get enough. Like I knew they were all wired up, kind of the same. Like they're all pretty driven. And you know, I chose these guys because I wanted to, you know, keep my, keep my thermostat up. He might temperature up, you know, I want guys in my life who are going to push me to try and get more out of life and to enjoy it for all it's worth. And so these guys definitely do that, but here they are. They got around each other, they shared a meal, they were laughing, were showing off, you know, different things that they were doing. And I just couldn't get enough. I was super encouraged. I couldn't get enough of the situation either. So we decided that that is definitely something that we need in our lives and that we're going to do it more often and on a regular basis.
- Speaker 1: [06:12](#) So I love my life for a team, and that's what I wanted to share today about just having real friends, having people who are down for you no matter what. So there's kind of a backstory on my life or team. It's these three guys. It's Philip and it's Austin and it's Daniel and Phillip, you've heard I think on episode eight and episode nine, and he came back for the morning routine episode. And then Daniel, you know, uh, from this show, he's been on at least a half dozen times as one of my kind of reoccurring guests. Um, him and I spend the most time together because we just happened to live close just more closely to each other. The other guys, they live in the Valley and we're up here in the mountains. So, you know, Philip, I've known since junior high. We've spent a lot of time together.
- Speaker 1: [07:00](#) We've had a lot of good times. You know, we grew up skateboarding. Same thing with Austin. He was my best bud through high school. And, um, he showed me how to get after things, uh, that I want. He's a lot more driven than I am just naturally. And so, you know, by being around him, I forced myself to be uncomfortable. But you know, if I was being honest, I loved it and I kept coming back for more cause I just wanted to see how far, you know, we could take it. And so, um, we, we developed a ton as a young men together and now as, as grown individuals, we push each other in our leadership. And Philip, of course, has natural leadership. And then Daniel, of course, uh, pastors the church with me. And so we spend a lot of time together just talking about the nature of things and how we can help people and where we can be used in the best possible way, um, to honor God with our lives.
- Speaker 1: [07:49](#) And so these three guys are our guys that I had, um, you know, they, they found me each kind of in a unique state when I approached them for friendship. Uh, or when they approached me in some cases, you know, when, um, when I was first

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recovering, Austin was the guy who came up here, sat me down at lunch, asked me what I was going through, you know, tried really hard to understand what I'd been through as far as, um, my manic episode was concerned. And, um, that was the one that just, I, I refer to it often because it was like a watershed moment in my life. There was life before that manic episode, which lasted for months and landed me in the hospital three times. And then, so there was life before that and then now there's life after and it's just been, um, it's been a very difficult process of recovering from that.

Speaker 1: [08:40](#) And I can only say within the last several years, am I at a place where I feel confident that that's behind me. And even though that's part of me that doesn't define me and it actually makes me the strong man that I am. And so, you know, pretty incredible too to remember like Austin down with me in that restaurant saying like, where are you at? And him trying really hard to understand why I had been so beat up, you know, cause he just couldn't comprehend somebody taking that hard of a fall. But, you know, we stayed in touch and he's the first person that I recognize that, you know what, I want to report to Austin every now and then. I want to call him up. I want to tell him what I'm doing with my life. I want to tell him how I'm trying to put myself back together.

Speaker 1: [09:20](#) I want to tell him how I'm being courageous in the face of such a tragedy. And so he was the first person that I intentionally sought for connection. And then, uh, Daniel was the next person. So Daniel actually approached me and he said, Mike, I've got, you know, a community project that I'm working on and I really want some help. I don't want to do it alone. And I know you've been through hell and I know you feel like you don't offer much, but I really want you to join me in this. And you know, if we're being honest, you actually do have the time. So, so Daniel pulled me in and we've been working, you know, in this community ever since. And then Phillip, I ran into at a mutual friend's, um, party for their, their daughter's first birthday and he was just fresh back in the United States.

Speaker 1: [10:09](#) He'd been in living in Taiwan and he got married and he'd had a kid in Taiwan and he, uh, you know, brought them back over here and I ran into him at a party and I was kind of in a, I mean, I wasn't in like, like a low state, you know, I w I, I wasn't completely ashamed of what had happened to me by that point. Like I'd worked quite a bit through it. But, um, when I shared my story with him, you know, he was the only person in that entire party that had known what had happened to me. Um, besides the people who threw that party who I was super close with. And so, um, he, he actually received it really well and then Philip came back into my life and, and I just want to share this with

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you guys, like the people that you put on your team, the people that you build into your lifers, like you already know these people for the most part, they may not be close in the moment, but you've, you, you've got to know them to be able to trust them with something so big as your mental health and being able to check in on a regular basis.

Speaker 1: [11:09](#) So, so Philip received my story and he came back to me about a year later. He said, you know what, Mike, I want to know more about bipolar disorder. I'm actually concerned, um, for someone in my life. And so that was an incredible experience to share with him. Like T to say that like all of the things that I had learned and all the books that I've read actually paid off in helping Phillip come to understand mental illness. And so it's just incredible to see where all of these guys and I have been meeting individually and now only recently have I intentionally brought them together as a supergroup. But you know, originally I did this because I had a problem. I really have a problem. I needed a showrunner [inaudible] that I wasn't going to fall through the cracks. I needed assurance that I wouldn't disappear. I needed assurance that I, even though as uncomfortable as it made me to be around other people who were just doing regular life and I was struggling so hard just to like keep a minimum wage job.

Speaker 1: [12:16](#) Like even though that was happening, I knew I didn't wanna fall through the cracks and I want assurance that I could be in people's lives and it was just a way of me steadying myself. Like I wanted to brace against that feeling of being this guy who was lost. I wanted to brace myself against that feeling of like, you know what? I failed. I have failed hard. And I always identify, like when I meet people who say like, you know, this, this illness took me to the bottom. This illness took me all the way into the pit and I feel like a failure. Like I identify with that person. It's, it's, it's something that can't even be described, you know, as, as you try your hardest to face every day with that going on in the background of your mind is like, I'm a failure. I'm a failure.

Speaker 1: [13:11](#) But you know what? I hit the ground so hard in my illness that honestly, what, what was, what could be expected, right? But I needed assurance. I specially chose these, these guys, you know, because they had these immense qualities that I at one point had. And I knew that if I just persisted, that I would get these qualities back. I wanted assurance that, you know, I had what they had, like I wasn't lacking. I wanted to know that I wasn't lacking what these high quality guys had just because I happened to have a mental disability. And you know what? The more I pursued their friendship, the more they reflected genuine, real encouragement to me. I mean, I'd never had an interaction with these guys where I walked away saying, I am

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still a failure. Like, no, that couldn't be farther from that. Like I walked away every single time going, all right, I'm walking into my destiny.

- Speaker 1: [14:13](#) I am glad for the experience that I've had cause it makes me who I am and now I'm becoming resilient, right? Like I'm, I'm being encouraged to become the man that I want to be and having an a mental illness that doesn't disqualify me from seizing that identity and walking into that future and building a life that I can be proud of. So, you know, individually they encouraged me and now the coolest thing ever, especially since this, this, uh, this past week as we got together, you know, together they're encouraging me. It's just been a steady building up of my belief in myself that I can take the things I want, that I can assemble a great life. Like it's, it's been a steady progression of belief and I want you to imagine what you could do with that, right? Like I know where this illness takes us as far as friends are concerned, like we become the needy ones and we become the drama Queens.
- Speaker 1: [15:15](#) You know, if you're a girl or guys, we become the jerks. Like I, I remember, I fully remember what it feels like to like put people down and be a jerk and be mad all the time and just be this moody jerk. Like I remember that. And then, you know, of course when depression hits, it's like I'm the needy one. I need this, I need that. I'm damaged. I'm fragile. Like imagine what you could do if you just built into your friends and let them build into you. Let them build into you this sense of belief. Like if you're in need of belief, you gotta borrow it. Especially when you're starting off with this illness. Like if this illness has dumped you and you're like trying to figure out, okay, now what the heck am I supposed to do? Like borrow somebody else's belief. People believe in you.
- Speaker 1: [16:11](#) It's amazing, isn't it? Like if you don't have belief, you can borrow somebody else's. In fact, you can borrow mine, like use this show. I'm on here every week. I'm not going away you guys, I'm not going away. You can borrow my belief. You can let me turn up your temperature. That's exactly what I've done with Phillip and with Daniel and with Austin is I let them turn up my temperature because they're guys that are keeping their temperatures hot. This is how they operate in their lives and I want to soak that up and I want to raise my temperature, their stuff I want to get done and I really can't allow my illness to run the show. You know, people want to act like it's something you can't control. Only a beginner would say that because truly that is, that's what happens in beginner land.
- Speaker 1: [17:03](#) You can't control it. You don't have the coping methods. You don't have the skills, you don't have the daily habits and rituals.

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You don't have the discipline like all of these things. They take a lot of time and they take a lot of patients and they take a lot of work, but pretty soon you can take much of the control back. You can't control everything. Right? Life is life. I mean, just look at some of the jobs that I've had. It's like I've had to turn on a dime and change my routine and change my situation and change where my money comes from. Like it's hard life, you know, life throws us the wrench and it's hard to control our reaction, but we can do it. And I am controlling my situation socially by staying around people intentionally. I do it on purpose. I stay around the guys who are turning up my temperature and you know, I've chosen three yes. Like I've got these three guys and that feels like a pretty good number to me. So, you know, we'll, we'll talk through how, how to assemble this team. But you know, it all started with just one. And like I said before, the coolest thing is that you already have these people in your life.

- Speaker 1: [18:17](#) So if you were to assemble a life or support supergroup, what would you want to do?
- Speaker 3: [18:24](#) [inaudible]
- Speaker 1: [18:25](#) you know, I look at this in terms of the growth plan. Um, if you've downloaded that, that's the one where you see the little pie chart. It's got, it's like a wheel and you go from stage zero to stage one, two, three, four. There's, there's basically five stages, but we're labeling them the F the four stages of development when you have a bipolar disorder in how you live with it. And so, um, if you haven't picked up that growth plan, it's a really cool thing too. It's like a tool to allow you to see where you're at in terms of your recovery. And it also has the cool built in feature of showing you where you can go and the steps that you can take to get there. So that's the growth plan for bipolar. A lot of people already have this in their hands, but if you don't have it, you can go to mikelardi.com/growthplan.
- Speaker 1: [19:14](#) And when you get that, you want to look at the stages because in each stage it's like I didn't arrive at having three guys as my lifers support supergroup right? Like it started out individually. So like in stage zero, the the where everybody starts out when you, when you're clueless about your mental illness, when you don't have a diagnosis and when you're just bouncing from mood to mood and episode to episode and you're like, what the heck was that? And it's scary because it's like you don't understand the patterns just yet. You don't understand that these things are triggered, that there are environments that produce this, that there are circumstances around every single episode. Like in stage zero, you don't know any of that stuff. It's just full on ignorance. And so in stage zero, my friends, so I knew

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Philip and Austin and Daniel, but they were like friends at random.

- Speaker 1: [20:04](#) I randomly hung out with these guys or randomly talk to them randomly saw them, wasn't really keeping up on them. Phillip was completely out of the country, like in stage zero, everything was just so random. What happened to me was I got diagnosed and I eventually came to the conclusion that I need, if I'm going to be aware of my disorder, then wouldn't it be a good idea to give this awareness away to some trustworthy people? Right? So who do I give this awareness to? That's in stage one. So in my life or team, I gave that awareness away to Daniel and Austin and eventually Phillip. And then as you mature progress in how you handle your disorder, you arrive at stage two and this is the stage where it's all about like looking inward and developing identity and like putting together an identity that's going to serve you for the rest of your life and help you to grow and continue to develop and to, you know, take on the kind of jobs or start the kind of business that you are envisioning.
- Speaker 1: [21:08](#) Um, so in this stage, stage two, it's all about caring about the deeper things. And so I started to look like, okay, well who's gonna care about that with me? And I chose multiple people. Like I chose these three guys. You can choose multiple people. Like you can take the individuals that prove their trustworthiness and now you're looking to see like when you interact with them, if you share a little bit about your story, you want to see if they're willing to go deeper on that. If they're willing to wrestle things out with you. This is super cool and you can stay in this stage for quite awhile. Like you can wrestle the deeper things out with your friends, the ones that truly care about you, like these, these are who I call real friends, right? Like you can let them into the most intimate parts of your life.
- Speaker 1: [21:53](#) You can show them all the damage that this illness has caused. Like you can open up those things and not be afraid that they're going to go around and talk about you behind your back. So go deeper. In stage two it's like who cares about the deeper things? I knew that Philip, I knew that Austin, I knew that Daniel, they would care about me in a deeper sense. And then in stage three, this is when you're maturing. This is when you start to become more service minded. In the way that you orient yourself towards the world. So because you're service minded, you're looking now for your life or team to assemble as a team. And the thing I asked myself was, and I had probably a dozen people that I could have put on this super support group, probably, I don't know, maybe even two dozen, I don't know.
- Speaker 1: [22:42](#) I've got a lot of amazing people in my life, but I asked who would make for an interesting team. And so that's exactly what I

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did. I said Austin would make for an interesting team, Daniel and fill up, each of these guys are driven and motivated, yet compassionate and they also have history with me, yet they don't have history with each other. Like I think that would be a really interesting supergroup. And so now that I'm heading into stage four with my life, you know, if you look on the growth plan, I'm heading into where the majestic tree is. You know, I'm, I'm coming through the mature tree and I'm, and the trees are representative of um, growth. So I'm coming through stage three, I'm entering into stage four. My life is beginning to be marked by influence and I asked the guys, I'm like, okay, you've seen where we've come from.

Speaker 1: [23:38](#) We've been doing this for about seven or eight months and you've seen me take some big steps and make some new and interesting changes. Like where do you guys see this going? And you know what they told me? They said, Mike, we'll go wherever you go. You tell us where you want to go. Is that not incredible? You see with this whole episode, what I really want to get at for you is that people believe in you. I have this hunch that even with everywhere that you've been, everything that's happened, everything you've done, I have this hunch that even with a mental disability such as bipolar, I have a hunch that the people in your life are believing in you more than you even believe in yourself.

Speaker 1: [24:37](#) I believe that because it's happened to me and I'm nobody special, right? I am putting myself back together one piece of the puzzle at a time just like you. But people have shown me that they actually demonstrate more belief in me. And I get that through the way they spend time with me through the way they encourage me through the way they stimulate me to take on risks and challenge. Like I know that they believe in me and what they want me to do is believe in myself. Remember this whole process of building a friendship, a lifer team, a super support group, like the whole point of this is to have a steady building of belief and what you can do in your life with that belief and what you can do for others. With that belief, maybe you need assurance like I did. Maybe you're, you're looking for some kind of assurance that you don't lack what other high quality people have.

Speaker 1: [25:42](#) And so hear me loud and clear. What I want you to do is just be intentional about getting around them, cultivate relationships with high quality people, you know, be assured that you will draw influence from them, that you will push in areas of your life that are difficult to push in. Like be assured that they have qualities that are going to rub off on you and that's why you want to get around them. Remember, we're turning our temperature up. It's uncomfortable to go from an easy 70

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degrees to be bumped up to an 85 or a 90 by somebody. Right? Like that's a jump, you know, and it's uncomfortable. I'm, I'm probably most uncomfortable around Austin if we're just being honest because he's like a zero BS kind of guy and he's like, I don't care. I don't care that you have bipolar disorder. Mike [inaudible] like you're doing this, you're going to stick with this, you're going to going to see this thing all the way through.

Speaker 1: [26:45](#) You know, he's like, I, I have faith that you can do it. I have faith that you can do anything. And Austin's just intense. Like all of my guys are intense in their own ways, but Austin is the one that like definitely turns my heat up the most and it's uncomfortable. It's uncomfortable being around Daniel, you know, he pushes me in my spiritual life. Philip pushes me in my vision for the future. Like they each have their own area where they contribute and of course Austin contributes to me living fully in my convictions, you know, and living those out and so it's uncomfortable. But you know what, here's the thing I learned the other night when we went to dinner and they were sharing with me like how they just had so much faith that things were going to work out for me and that I would find the way and then I would make my way back to the person that I've always dreamt of being like they expressed all of this belief in me and they said the number one thing they each said was that we, we know you're going to make it Mike because you're consistent.

Speaker 1: [27:42](#) You always check in at 8:00 AM 8:00 AM on Monday. You have a detailed breakdown of how your last week went and what you're anticipating for this coming week as far as your mental health. Like we, we know we can expect that we can learn from you. We are growing in our own understanding of our own mental health. Like you are consistent. And the thing I got to tell you that I took away is that consistency to your lifers that matters more than crushing it. We live in a culture that says, crush it, crush it, crush it. You know, look at this person, look at that person. Look at this guy. He's crushing it. Look at this girl, she's blown up like that doesn't matter to your lifers. Consistency matters. Here's another thing I took away. People care about your wholeness and your health. They don't necessarily care about your accomplishments.

Speaker 1: [28:34](#) I remember Phillip verbalize this very clearly. He's like, Mike, I'm just concerned in your total wellbeing. Like I'm glad for you that you're doing new things and that you've taken on a business and that you're growing in that respect. He's like, but I'm more, I'm more concerned with how are you balanced in the rest of your life? You know, it doesn't mean anything to conquer in business and to have your life be a mess, and so your lifers, the real friends, these people are going to care about your health, not your accomplishments. Here's another thing that I noticed.

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Having high standards causes growth and growth always leads to freedom. You know, these guys challenged me endlessly, but it's, it's done in an encouraging way, right? Like if your lifers puts you down to challenge you, that's not a true lifer. Like a true friend is not going to do that.

Speaker 1: [29:31](#) They're going to challenge you to encourage you. And the reason I know that I'm growing is because I feel a personal level of freedom in my, that I've never had never, I've never had this much freedom in my life. And that's because those guys set high standards. It's challenging. And then here's the last thing I noticed and I wrote all this stuff down so I wouldn't forget, but here's what I wrote down. I wrote down that their passion is infectious. So that kinda to me goes back to the whole raising your temperature, right? Like passion is one of those things that the symbol of it is fire burning, right? Like it's just, you see these, you know, emojis of, of flame. I use them sometimes when I'm, when I'm making a point, like passion is influential, passion is infectious. And the thing I want to encourage you to do is you can receive your, like you can receive your lifers as passionate men and women in your life and you can receive that into yourself.

Speaker 1: [30:38](#) But I also want you, as you turn your fire up, I want you to give passion. I want you to display passion. I want you to go about your life in a passionate way. This is the way of overcoming, right? Like we all want to live in overcoming life. We all have this mental disorder. We all have other disorders and other things going on in our lives that cause us to have to face situations that ordinary people face without a really too much thought. And we actually have to go through them really being intentional in thinking our way through these things and really working hard at staying stable. Like it's just a, it's an upward climb when you have these things in your life. But passion is something that allows you to overcome, right? So as you're overcoming the limitations of your illness or your various illnesses, as you're overcoming these things, it creates passion.

Speaker 1: [31:37](#) You have a healthy drive to do well, it causes you to take things on that you would normally be afraid of. It causes you to push through fears and that's where freedom lies is when you push through fear. Freedom is on the other side. I want you to have passion. Don't be that person who withdraws into their illness and then they get stuck there, right? Like we all know that person. I naturally am that person. For two years I withdrew into the illness and I got stuck there and then I realized that I needed to make a change. So do you need or want to make a change? What I'm saying, what I've learned from my guys is that you've got to know what you want, like know what you want from these relationships. State it, write it in your journal,

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communicate it with them, know what you want and do not be ashamed to get it going.

Speaker 1: [32:42](#) It's as easy as picking up the phone and saying, I got to come over, I got something I got to tell you and just open that door and see who receives you. A true friend is not going to turn you down just because you have this added challenge in your life. So know what you want. Before you go into that conversation, know what you want, spend time thinking it through. Do I want something like what Mike has or do I want something a little more mild or do I want something a little more intense like I don't, I don't know where you're at. When you hear my story on my super group, like these lifers, they really turned me up like they, they get me turned up. They, they're people that were already in my life and then I said, you know what? It'd be interesting to pull them all together, but I started out with just one on one and that worked just fine.

Speaker 1: [33:31](#) I remember as we go through the growth plan, as we move through, how we mature in the way that we process this illness in the way that we respond to it in the way that we plan around it in the way that we manage it. Like as we mature in that process, we're going to mature in knowing what we want from our closest friends. So I'm just saying take this episode and let it push you, state what you want, write it down and then communicate it. Don't be ashamed to get it going. That's what I want to leave you with.

Speaker 1: [34:19](#) No, what you want. I mean how else am I going to get better over the long term? Okay. Real quick before we go, why don't you to have an update on where I'm at with releasing my new training program. This is something I've been developing with a handful of people and I did actually have in mind to release it next week and that way everybody could have access to it by the end of the month. But, um, this is that training that I've been teasing at for quite a while here. And this is what I'm calling the peace plan for bipolar and it's a guided monthly membership and it builds out all the skills and all the habits and things you're going to need in order to do well in life when bipolar is just something that you have to work around. So I've been light on the details on this thing because I've got a little special class that actually explains it a lot better and how the program is organized and how it's basically set up to get you better and better equipped at how you manage by polar, you know, in the day to day.

Speaker 1: [35:32](#) And I want to show you how I do that in a way that's basically and um, and completely engaging cause you know, just because it's work, just cause this program is gonna involve you, you know, taking action and learning things and practicing things. It's

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work, but it doesn't mean that it can't be enjoyable. So I'm your coach inside this program. And I structured it based on the feedback that my students wanted more community and they wanted more coaching in depth and they wanted less of like the super long teaching. And so I've reworked the whole peace plan from the ground up. It solves a only the biggest problems at this illness condition. And so it's, it's gonna solve things like, well, how are we supposed to build a life that we're proud of when our plans are frustrated by all these symptoms and moods and just things gone wild.

Speaker 1: [36:25](#) And so I made sure that as I retooled this, that I wanted every month's content to be precisely engineered with only the most essential knowledge and essential skills and all the things you're gonna need to get you that life, you know, to where your friend, your, your plans can't be frustrated by the illness. So what I did was I built a private membership community, and that's a community that is not on social media. So I wanted it that way so that you could be not only private but surrounded by only the most fired up people who are also working on this thing themselves and they're working on themselves the same way as you. So one of the other perks of a membership format is that I can change up what we do from month to month. So you have needs and as long as we're following the basic success path, that's what's gonna get us to where we want to be.

Speaker 1: [37:22](#) So you've actually seen a zoomed out version of the success path of the peace plan. Um, that's the version that I released when you downloaded the growth plan for bipolar and the, the peace plan, the membership is what actually fills in the steps one month at a time. And it does that one training at a time. So that's pretty cool, right? I think so. But do you want to know what's really cool? The peace plan is a membership that anyone can afford because I knew from the beginning of this whole thing that I wanted great training and I wanted fantastic coaching and I wanted community for mental illness and I wanted that to be something that I could have afforded when I was finally released from all of my hospital stays. Because remember I was devastated. I was gone mentally, physically, spiritually. I mean you name it, I was just in the dumps and I couldn't even find a job for a year.

Speaker 1: [38:23](#) But here's the thing, I could have easily afforded what I priced the set. So and being month to month, you know, it's one of those things where as long as you've gotten as far as you want to go, you know, maybe you want to through stage one and you're good. Or maybe you want to get through stage two or maybe into stage three. Like when you're good to go, you can personally end your membership and enjoy all that new growth that you've experienced. And remember, you know, right from

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the beginning, I'm teaching you how to have the kind of growth that lasts. So I can't wait to give you a deeper look at the membership and have you consider it. Because I mean, okay, here's the thing, is it the perfect program? No, it's not. And am I the most amazing coach? I'm not even close. Okay?

- Speaker 1: [39:14](#) But the great thing is that some truly amazing people are going to be in there and they are going to make peace with their bipolar disorder. And they're going to do that one week at a time until we all have lives where we are proud to say, heck yeah, I freaking built that. So be on the lookout. There's a special enrollment class coming up. It's going to be launched the last week of this month, which is October. And I am only opening enrollment this one time this year. So if you miss out on this enrollment, you'll need to wait until April. And the reason for that is I want to take my founding members, like these are all people who are going through this for the first time. I want the founding members to go through it together with me and I want to be able to focus 100% on your experience.
- Speaker 1: [40:05](#) And I just can't do that if I have it open all the time. So a enrollment is only opening at the end of this month and this is just where I'm at and I'm so I wanted to release it next week. But see the problem with that was I have a family vacation coming up in two weeks. And so to launch the program and to be away, you know, we're going to be in new England where my dad grew up and it's just going to be phenomenal. But like there's, there's no way I could cancel that. Like it would break his heart. And there's also just no way that I could launch this membership and be fully present for my family and enjoy time with them and, and be away like that. So I want to honor the trip. I want to honor my dad and I wanna make sure that I'm enjoying that.
- Speaker 1: [40:47](#) And so you know, I know if you feel like I've been teasing you about the peace plan for far too long, I do promise it's only a few more weeks away and then we can really take off on this thing. So please hang tight. Okay, next week's podcast is going to put you at ease. I'm taking a whole entire show to talk about the value of slow growth. I know some people, they want a quick fix, they want it to come from their medications or they want it to come from a class, or maybe a doctor's going to give him a quick fix and some fast results. But I'm here to tell you that that is just not reality. So if we're better off taking it slow, well my whole thing is we might as well enjoy it, right? So that's next week. You don't want to miss it and I will see you here. Same time, same place. Adios.
- Speaker 2: [41:48](#) [inaudible]

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Speaker 4: [41:54](#) thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmikelardi.com)

Speaker 2: [41:59](#) [inaudible].