



EPISODE 61: GOING BACK TO WORK IS SCARY

- 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.
- Speaker 1: [00:35](#) You're listening to the bipolar now podcast, episode 61 bipolar now the weekly podcast for doing life on your terms, not the illness. Here's the host of your show, Mike Lardi. Welcome back. Welcome back to another episode. You know I got a lot of feedback from last week show, which I love and I know it's got a lot of people feeling like, man, my fountain is just not enough. This is too much. This everything about this life is just that I'm like done with it. Like if you're in Southern California, you know that we just got hit with another three months of shelter in place and it's like, man, I'm just done. I don't care how much of a fountain I got going on dealing with this. Well guess what? I'm done with it too. I'm over it. But uh, you know, I still got to go to work and maybe you might have to go back to work. So that's the subject of today's show, how to plan on doing better work, how to better have a better work plan, I should say, for when you have a bipolar disorder. So today there's nothing, you know, no big revelations coming from me. I've just got one big idea for this whole shebang when it comes to going back to work.
- Speaker 2: [01:56](#) It's just uncomfortable. So go for it.
- Speaker 1: [02:01](#) You just gotta go for it. It takes, it takes skill to take a new job and not be completely freaked out. So don't worry, I got you back on this show. Next week on episode 62, we're going to talk about how do we go for it? How do we push through the discomfort? I'm going to teach you the skills of having reminders and the skill of self-talk where you can literally talk yourself into doing anything that you know you must do and work is one of those things and work is one of those things where it's like just part of life, right? Everyday part of life. Well, if your everyday life happens to include a bipolar disorder that makes work life a little more interesting, don't you think? Maybe just a touch and what happens when you're doing this life
- Speaker 2: [02:54](#) plus a bipolar disorder.

EPISODE 61: GOING BACK TO WORK IS SCARY

- Speaker 1: [02:57](#) Plus we got some new realities at us. For those of us who are going back to work post covert 19 okay. It's a lot different of a landscape to work in. People are different, people behave different. Employers are different. The whole landscape has shifted. Here's the thing I want to comfort you with today. I want to just, I want to let you know and I got to remind myself of this too, that it is normal to be in this time period. It is normal to be unemployed. It is especially normal to be unemployed if you have to carry around a bipolar disorder. Okay. And it's normal to live in poverty when you've got this illness. I mean, just think of how many times your job performance, your, your, your whole experience of your job has been directly impacted by symptoms of this disorder. Right. Okay.
- Speaker 1: [03:54](#) So lot of people, lot of effects people living in poverty. I mean we're doing our best, right? Like I'm working to the best of my abilities but I'm living in poverty. That's normal. You're also normal if your in a place right now where maybe you got laid off, maybe got furloughed, maybe your job disappeared. Company went under. Like who knows what could have happened because of this virus and right now you are legitimately freaked out about finding a new job. You know how that feels. You know how that goes and you know how drawn out that can be. Sometimes it seems like sometimes you can land a job effortlessly, it just happens. And other times it's a knockdown drag out fight to get a job and you're freaked out. Okay, that's normal. It's normal to have a job that anybody else can just, you know, knock out with a night, good nights rest. But that same job might affect you differently because of this illness and it could take you, and I know this to be true. It could take you days, it might suck up your whole Saturday and Sunday to recover from your nine to five if that's you, I just want you to know you're normal.
- Speaker 1: [05:16](#) So what I'm going to show you today is how you're going to use a work life plan, like your, your life plan as it pertains to the job that you do. What a want to show you today is how to get from wherever it is that you are right now. I want you to get to a place where you can say, this is my new normal. This is where I like my job. This is where I like my job. Despite the challenges involved with my job, like everything about my job is working for me. I want to show you how to get from wherever you are right now to that place. So you ready to take a little ride with we go. I got this book in front of me. You can't see it, but I can see it and this is my all time favorite book for bipolar disorder.

EPISODE 61: GOING BACK TO WORK IS SCARY

- Speaker 1: [06:06](#) This was the first book that somebody bought for me when I got released from all of my 51 fifties and manic holds and that whole fun period of my life where I was just in and out of hospitals. This was the first book that came in the mail and I flipped open the pages and I literally devoured this book. It's called take charge of bipolar disorder. Julie fast as the author, her coauthor is John Preston, so she's got a doctor working with her, but she's got the direct experience and she has the audience to pull these amazing stories together that while you're reading about the particulars and maybe a little bit of the medicine and the science behind bipolar disorder, you're also getting these beautiful stories layered in and there's all these mentions inside of the texts that are there just for friends and family to give them a window into your world.
- Speaker 1: [07:01](#) It's just, I've never seen a book like this. I have three copies on my shelf. I'm always loaning this book out. It's amazing. Can I talk this book up anymore? This book is amazing and right here in front of me, I'm looking at the whole section on work and money, which is a very practical section of the book. How are you doing your work now that you have bipolar in the mix, how are you doing your work? How are you doing your money? Okay, these two things can totally submarine a person with our disease. So I'm looking right here. I'm on page 95 they want you to create a chronological work history. So that means historically in a row, year to year, list as many jobs as I can remember, and then put dates and explain or try and remember. The reason why I left and I just wanted you to see this is exactly what normal looks like for when you've got a bipolar disorder interacting, meddling.
- Speaker 1: [08:00](#) Is that too far meddling in your work life and altering your job decisions. Check this out. I'm going to spare you the reasons why I left all these jobs because it's kind of comical and dramatic. Um, but that's just mental illness. I had my first job ever, and this is right around the time when I first got sick. So I was a teenager. I got a job at a local ice skating rink. I then got a job at a local restaurant. My third job was working for a legal, uh, legal broker. A pyramid scheme, I should say. It was an internet pyramid scheme. Um, the fourth job was another restaurant. The fifth job was yet another restaurant. The sixth job, mind you, only a few years are going by here. Number six, I worked for a creative agency. Number seven, I worked for a repair facility.
- Speaker 1: [08:59](#) You could call it a garage, uh, where we work on cars. Um, number eight, the local real estate magazine. Number nine,

EPISODE 61: GOING BACK TO WORK IS SCARY

another restaurant. Number 10, a church. Number 11, a summer camp. Number 12, a ski resort. Number 13, another restaurant number 14, uh, contract worker for graphic arts. Number 15, a local gym. Number 16, yet another church. Number 17, a construction company. Number 18, and this is the last one. I think there's probably even more in there that I can't remember, but the 18th job is what I'm doing right now, which is not technically a job. It's a business, uh, for digital publishing and coaching. And so if you look at that, I'm looking at one, I couldn't even fit, there weren't enough lines on the page to fit my work history since having symptoms of this illness. There, there are, I've got this thing going so far beyond the page. It's, it's, I mean if I, if I wasn't so, um, if I wasn't so settled that my story was changed, not by my own direct fault, but yet through the influence of a very real and very lethal mental illness. If that weren't the case and I haven't accepted that, I would look at this list and I couldn't even imagine what I would want to do. I would be so embarrassed that this is my resume. 18 jobs, maybe more in the last 20 years.

Speaker 1: [10:48](#) I, I, wow. I wrote, I wrote a little note here where I drew a picture and I have a target on a target page and I have a shotgun shells, you know, spray and all the dots. Miss the target. That's what it feels like to be me. You guys like that's what my work life feels like in the last 20 years that I've been a young man. It looks like I went out to the shooting range, set up a target, walked 10 feet away, grabbed a shotgun, aimed it right at the bullseye and somehow I missed the entire target. That's what it feels like. That's what it feels like and I'm amazed that what I'm about to show you has gotten me beyond the shock factor, the embarrassment, the shame and the fear. Like everything about missing the target, I feel completely at peace with and that's because in the last eight years I've learned that there's really a few steps. There's actually only five. I counted five steps between you starting over, wherever you're at. If you're forced to start over and you being in the place where you can say, I have my actual dream job, or I'm, I'm actually like a dream mom, a mommy like I or I'm, I've got a dream business that I'm working on. Like there's only five steps, five steps. Do you think you can do five steps with me? Well, let's jump in and find out.

Speaker 3: [12:45](#) Okay.

Speaker 1: [12:46](#) Before we jump into this five step life plan for your work life, I just got to say, and I'm very thankful that this came up this week because it taught me something. Mental health is not the only reason your plan can fall apart. I was reminded by multiple

EPISODE 61: GOING BACK TO WORK IS SCARY

people, but this whole thing, this whole me getting into a place where I dig my work, it's not a trudge to get up every day and tackle the issues that I have to deal with inside of my job like it there. There can be problems that completely upend your work life plan and those are relationship problems.

Speaker 1: [13:41](#)

Time after time I had someone relate to me the fact that a crisis in their marriage, that a relational crisis can completely explode. This whole plan doesn't matter how far you get into the five steps, problems inside of your intimate relationship can completely bomb. This entire plan can throw you for a roller coaster. Okay. Again, we're not talking just mental health related to a bipolar disorder like we're, we're talking mental health related to a relationship that suddenly came to an end or was in crisis. Okay. It's, it's a roller coaster. I had somebody even say I was doing things, but I recognize that I was just saying, this is not who I am. This is not what I need to be doing. This is not what I think normally. This is not how I feel when I talk about the first event. That could potentially trigger you to have to start over or to stop working for a time. Relationship problems are right up there with their right among the most destructive.

Speaker 1: [14:59](#)

Okay. Of course this means that you have to take extra care of that relationship and then of course someone will tell me, well, I did everything I could and they did this and they said that, and they kept doing this. You heard just a few episodes ago with my friend, she said he just couldn't love me and then things explode like I'm not discounting that. I want to draw attention to it. I want to let you know that you can get pretty far into your steps and if something submarines inside of your marriage, this whole thing is going to be a wash for a time and you'll have to recover no matter what causes it. There's always a disruptive mental health event in a person's life like you and I, you can say everything was cool, everything was great until and then whatever it is, episode symptoms, relationship problems, like there's a disruptive event where mental health is suddenly deteriorating or in the toilet and you're forced to like sit it out for a time.

Speaker 1: [16:16](#)

You don't know what to do next. You're crying, you're confused, you're angry, you're bitter. If it's mental illness, you might have a humongous amount of shame just stuck to you during this time. Like a lot of people will hit an event like this and they'll just be like, it'll be like a video game. Like everything that you worked for, you got so far into that level. You know you defeated however many little bosses along the way and you got so far, no matter what the game is, if you make a mistake or if somebody

EPISODE 61: GOING BACK TO WORK IS SCARY

takes you out, whatever it is, however you play the game, you get shot right back to the beginning. Have you ever seen that? Okay. Those of you with kids who are video game playing age, like do you ever just see them continually doing a level over and over and over and they're just keep doing it over and over and over?

Speaker 1: [17:08](#)

Press start to restart over and over again? That's what it's like for so many people living with our condition. And this can last for, I mean it could be as little as a few months that you feel like you're in a hold, that you feel like you're in a massive recovery zone. Like it could be just a few months. It could actually though it could take a few years to get free and clear from the way you felt inside of that downtime in post, you know, post whatever disruptive of mental health event took place in your life. There's a consequential downtime. It's, it's a time of silence. Okay. To honor this stage is to honor the downtime, to honor the tears, address the wounds, address the fears. Like you, you have a time of silence where you're not working.

Speaker 1: [18:11](#)

Okay. This, this always happens after a disruption and some people, you know, they move through it faster than others. Like I'm aware that how you move through these steps today is going to be influenced to a great degree by the classification of bipolar disorder that you carry. Okay. Bipolar ones, they typically get the full reboot because they have full, debilitating manic episodes. Like your work opportunity then might take a lot longer to approach. It might take a lot longer to approach, but you're eventually you're going to say to yourself, I need to take a risk. I need to get back out there working a crappy job is better than sitting at home. I need to do this for myself. A lot of you are like in that zone where it's like, I'm so uncomfortable getting out of the house again, like buying the work clothes or the uniform and showing up.

Speaker 1: [19:21](#)

Can I wake up on time? Can I go to my job and not panic about my customers that I'm serving like or whatever it is that you do for bipolar one. These work opportunities tend to be a full blown restart and the first job that you get, like for me, I tried working a job at six months. That's when I felt like even though my mind was still unraveled and exploded, I felt like at six months I could go back to one of the reservoir. Remember I told you how many restaurant jobs I've worked? I went back to the best one where the people were the greatest. I went back, I said, can you give me a job? This is what happened, this is what this illness does to me and I'm working on myself and that and part of me working on myself is me having the responsibility of

EPISODE 61: GOING BACK TO WORK IS SCARY

coming to work for you so when you hire me and they took me back.

Speaker 1: [20:15](#) It was a stop gap job. That's what these are. Okay. We're working in the restaurant is not a career for me. It's a stop gap. It's interesting. It's just interesting that my stop gap was what I kept doing over and over and over again. If you noticed the nature of the businesses that I listed in my work history, you'll notice that they all tended to be kind of at the same level, like the low hanging fruit, the jobs that anybody can apply for. Like even though I was doing certain jobs where I had decent skills, like they were still stopped. Gap, you don't stop. Gap means what does it mean? It's like a stop gap is like stop the bleeding of money. In my life. Like get some money flowing in and stop constantly having to just pay out to take care of bills and needs and necessities.

Speaker 1: [21:16](#) Like a stop gap job is a job that you work that's not final, it's not your career, it's just you have to work your way back towards something and this is it. And there's no shame in taking a stop gap job. Like it's an opportunity to restart this whole stage. This is the first stage of the growth plan. For those of you who have been around the show long enough to have a copy of the growth plan on your computer, it's, it's episode number 26. Uh, on episode number 26, I do a whole training behind the reason of why I teach what I teach, the different action steps to take and the different milestones to hit. Uh, as you put together your expert managed plan management plan for this mental illness. Like it's the backbone of the peace plan, which is the, the group coaching membership that I have.

Speaker 1: [22:09](#) Like it's, it's the whole reason behind why that works. All the actions, all the milestones. So that's, that's in the growth plan. You can get that at [inaudible] dot com forward slash growth plan. But what I'm saying is I never grew out of this first work opportunity, which was the stop gap job. So even though there's no shame in taking a stop gap, my shame was that I literally just, I kept taking them over and over and over again. Like I, I remember probably the most vivid memory is working at the pet store, which I didn't even list on that page. Like, okay, so that's number 19 or 20 whatever. Like a lot of jobs in, not a lot of years. I worked at a pet store, I was slinging dog food, you know, onto shelves and stacking bird seed and like ringing up customers for shampoo for their dog.

Speaker 1: [23:04](#) Like I worked in a pet store. There's no shame in taking that job, but that took a lot of self-talk for me to not feel that way at 30

EPISODE 61: GOING BACK TO WORK IS SCARY

years old with a college degree. Like it. It just, it took a lot of self-talk, which is why I'm going to talk about next episode to be like, there's no shame in taking this job, Mike, just work this job and be grateful. Here's the thing, a low wage job doesn't necessarily mean low stress so I get you. If you're thinking about taking a stop gap, if you're looking at work opportunities where you just need to restart, you need to get back in the workforce, you need to get some paychecks coming in. Even if they're only a couple hundred bucks. I get you that, that the low wage like it hangs over you and I get you.

Speaker 1: [23:53](#)

I get you that it, that alone could cause stress. What else could cause stress is just the job itself. A low wage job sometimes has you doing hectic things and so it's not just the high paying jobs and and the so called career jobs like it's not just those ones that are driving the stress factor in your life. Like I think of, I think of working at the local ski resort. Okay. This was definitely low wage and high stress. At the ski resort. I didn't get paid unless I took a class of students out to the Hill and taught them how to ride if, if people didn't drop off kids that day, like if it was a weekday and it was slow, but they wanted me to come to work. I didn't get paid if the families didn't show up and dump their kids off and have me instruct them on how to snowboard.

Speaker 1: [24:54](#)

Like there, there were days where I drove all the way up the mountain to the resort to make \$15 so, but just because it was low wage doesn't mean it was easy. It was high stress. Sometimes I'd have 16 or 20 kids under the age of 10 with snowboards strapped to their feet, trying to teach them how to come down the Hill, moving them up and down on the lifts. Like if you guys have ever been to a ski resort, that lift is sketchy. It gets pretty high up in the little kids. You have to like make sure they're sitting all the way back in the seat or they're going to fall off and kill themselves like it was a high stress job to get 16 or 20 kids down a bunny slope together. Oh my gosh. High stress, high stress, low wage. I'm just saying it happens.

Speaker 1: [25:46](#)

Just because a job doesn't pay very much, it doesn't mean it's a cakewalk. Here's what I want to draw attention to in this particular stage of the restart is that yes, you're rebuilding confidence in yourself. You're getting back out there again. You're saying, okay, I can actually believe that I can do this job. Like does that even occur in the minds of ordinary people? I don't know. Maybe it does, but for me, I know that every time I approach a job, it's a rebuilding of my confidence in myself. It's a restart. The problem for me was that as the years went by throughout my twenties into my early thirties I was just early

EPISODE 61: GOING BACK TO WORK IS SCARY

on, I was ignorant of my illness. Just ignorant. Didn't know why I was up and down. Didn't know why I was so unstable. Didn't, didn't know why. I kept dropping out of school.

Speaker 1: [26:40](#)

Didn't know why I didn't get along with people. I didn't know I was ignorant. Then later on, you know, like I said in my story turned 30 years old and I got a diagnosis and got booted back to the beginning of the video game, so start over. Here's a bed at mom and dad's house that you grew up in at 30 years old. Can you feel that? Like so now I had awareness because I'd gone through the hospital system but I didn't have adjustment yet. I didn't know what to do. That's the thing that always drives people like us staying in the work. Opportunities that are just at the restart level. All these stop gap jobs, all these low wage, high stress jobs. We keep coming back to them because we don't make adjustments. That's why in the growth plan, that's why I teach maturity in your management plan for this illness, I teach growing levels of can do maturity.

Speaker 1: [27:45](#)

I teach about risks, where to watch, how to see yourself going into risk and then how to plan your way out of it. Like that's all part of the growth plan. That's all in there. When you download that, like if you don't do that, you have no hope in getting to the next stage. So the second stage, stage two or what I'm calling, let's see here, one, two, three, four. Yeah, this is the third step. So I'm not counting stage zero, which was having that disruptive event where you take a few months or a few years off, but that, that was technically step one. Step two is that the stop gap job that we just talked about, step three is on the growth plan. That's, that's what you're looking at where you see stage two. So it's all one. They're all off by one, which is my, my bad for making it confusing.

Speaker 1: [28:36](#)

Um, what I'm saying is in this, in this, when you, when you graduate from your management plan, keeping you in the stop gap zone, when you eventually graduate from that, you get to a place where instead of your job functioning like a stop gap, your job is actually now functioning like a stepping stone. And that's really cool. Like that. These are the kind of work opportunities where you get to like you get back to that value that you know you have when you look at yourself, like you get back to that sense of value. You get back to that sense of like, I have incredible potential. It is really exciting to work a job that I know is getting me to where I want to be. Like moving into that potential. That's what this whole step is about. All of these work opportunities, they all allow you to recommit to the person that

EPISODE 61: GOING BACK TO WORK IS SCARY

you know you really are bipolar disorder doesn't get to rewrite your story.

- Speaker 1: [29:35](#) You know who you really are, you know what you're willing to fight for and you're in this community. So you're definitely hearing from me and from others. What it takes to do that. You are recommitted and now you are like you're taking the job that is very clearly a stepping stone, a stepping stone, a stepping stone to where you want to ultimately be. And it's cool to hang out on the stepping stone. Okay? Honor this stage. Honor this stage. It, it, it pays better. It starts to help you see where there's alignment, like skills that you can build, things you can focus on, responsibilities you can take on ways you can contribute to the company. Like ways you can start gathering intelligence for your business. If that's the direction you want to go. It's gathering intelligence, making sure you know what it is you want to do, what you want to offer, how you want to help people, how you want to serve that.
- Speaker 1: [30:34](#) That's the whole business angle. You guys, this is the stepping stone stage. This is classic bipolar too. Bipolar two is not any more or less severe than bipolar one because the ones get the crazy highs. The twos get the crazy lows. Okay? Which would you rather have? Right? And neither. I mean, I vote for zero. Uh, but the, the twos get the crazy lows. That's what's going to sideline you. It's the highs are the, the manic pole of a bipolar two diagnosis is that your mania is actually a hypo mania and all that means hypo just is a, it's a word for declaring that something is under something. So under mania, which is why for bipolar two, the work opportunities in this zone, the whole stepping stone kind of job, all your manic episode is going to do is enhance your performance. That's, that's all it does.
- Speaker 1: [31:34](#) It's, it's just this amazing performance enhancing natural, you know, cocktail of chemicals in your brain naturally occurring like you are experiencing growth trajectory, ability, charisma, right? Like total charisma in hypomania. You, you win deals, you win people, you and your boss wherever you're at and you climb the ladder very quickly. It is a mania that is performance enhancing, which is why when you get sidelined in bipolar too, it doesn't always boot you right back to the very beginning. You just, you have a disruptive event just like a bipolar one and it takes you a little time to rebound from that. But you tend, and I know this from several people in the bipolar now podcast group who say that they had to take some time off but they're back and they're killing it. And I think that is so cool because someone with a

EPISODE 61: GOING BACK TO WORK IS SCARY

bipolar two tends to be able to come back and kill it because they recognized what threw them off.

Speaker 1: [32:37](#)

And if they're smart they'll make a for next time that when that happens. So the bipolar twos, they get to this stage pretty dang quickly. Like they get to the whole stepping stone, like they know where they're at is going to take them farther and they typically have plans that they can get quite a ways down the road with because their mania is a performance enhancing mania. It's not the debilitating mania which bipolar ones can get the hypomania as well, but it tends to be a very short runway into a more full blown mania, like your enjoyable hypomania with all the performance enhancing abilities that it has. Like that typically runs its course a very quickly. And if you're not careful, you can go into the deep end of the pool. But the whole point of the work opportunities that you're facing in this third step, remember we're just a few steps away from our dream situation that this is more than halfway like this is, this is the middle of the road is getting these work opportunities where you're like, I'm on my way.

Speaker 1: [33:38](#)

The whole thing about these opportunities is they're better paying but they're not perfectly aligned to where you want to be. They're not perfectly aligned and I could say without a doubt that my last construction job working for the fence company, it was better paying. So that was a plus, but it's not aligned to me working in the field of mental health. But I'll tell you what, the part that is aligned is in business. I have to show up, start something, get it done and call it a day. Like I have to do that every single day. I have to stay with a job until it gets done. And you're like, Mike, that's every single job. Like you have to stay with the job till it gets done. Well, in construction you literally have to force something to happen. You literally have to force this fence onto a mountain lot, you know, dig up boulders, put down metal, like all kinds of things have to happen all day long and you have to stay with it.

Speaker 1: [34:44](#)

And that taught me to stay with all of the things that happen inside of my business. Okay? All the things you do working for somebody else. If for those of you who are interested in, you know, bringing some sort of dream to life, bringing some, some sort of business to life, like look for alignment in the type of work that you're doing as far as like the activity and how this is going to benefit you when you move on to the next step. Okay? You're just, this entire stage is you just recommitting to the fact that you are building something of value and that your potential doesn't have to be thrown out the window because you have a

EPISODE 61: GOING BACK TO WORK IS SCARY

challenge in your mental health, okay? It doesn't have to be thrown out the window. You're, you're committed at this point, you're committed and some pretty magical things can happen and those magical things begin to take place.

- Speaker 1: [35:43](#) When you see you look at a work opportunity that has built into it, the ability to contribute fully to your team, contribute fully to your work, to be blended into everything that you're doing in your work life where you don't have to make apologies for anything, you are simply doing your job and you're doing it at a job that gives you an identity of something that you actually have always wanted there. There's, there's a component to this fourth step where you are, you're rebuilding like this whole time we've talked about rebuilding confidence, rebuilding value, rebuilding potential, like as you get towards this fourth step, which probably is the last step that anybody would even have to take to feel supremely satisfied in their work, but you are in this stage, you're rebuilding the value of your contribution. You feel renewed. When you look at the growth plan, you're going to see that I called this stage the renewal and that's because you feel good as new or better.
- Speaker 1: [37:01](#) In some cases. It's an, it's an incredible place to occupy a career, whether that's work or at home. You know, whether whether you're building, you know, whether you're building something at work or you're building little humans at home, like it doesn't matter. You all of a sudden can say, I care about my career. I have an identity in this career. Okay, I know my risks, but I also know my playbook. I've developed it. I protect all the hard work that I put in. I care about who I am. Okay? Parents, this is you. I care about who I am. I care about what I bring to the life of each of my children. I care. This is my career. For those of you who are, have like work aspirations, you say, this is where I want to wind up. This is the kind of work I want to do.
- Speaker 1: [37:57](#) For a long time, this is that step K, you took a stepping stone and now you've stepped up to a landing that has a pretty spectacular view. Kate, you have stepped up. You know like I care. I care about where I'm at. I'm going to protect this. I've worked very hard to get here and I know that I can protect this. Like or those of you are running a business. You're like, I know that I'm capable of running it. I know that I'm capable of growing it. I know that bipolar disorder is not going to be the limiting factor in my business. Like you just know that you care about. You know, going back to parents, you care about impact, right? Like you care about your kids having your values, you care about your kids knowing that they're treasured and loved. You, care

EPISODE 61: GOING BACK TO WORK IS SCARY

about your kids, having great memories of you in the home that you built for them. Like you care about impact. This is the level where you can say, I care about this career.

Speaker 1: [38:58](#)

Those of you who are wanting to start a nonprofit, love this. Those of you who are wanting to start something like a five Oh one C three you just know that you care about impact. You want to make a great impact. You're like, I hear you Mike, when, when you talk about being limitless, like I know that's controversial, but I actually like that. I like knowing that there's endless upside to what I choose to do that either way, like either way, there's energy there, there's electricity. This is way, way farther along than where you remembered where you were at back at the whole beginning of this, this work-life being disruptive and destroyed by mental health crisis, right? You are so far past that and yet it's still inside of you so that you can like, you can treat it as a priceless gift in your life just to know how far you've come to know how much you can contribute to know that you're a powerful player in your community. That's what this fourth step of renewal, that's what it's all about. These work opportunities that you're searching for, you're just looking for a way to feel renewed. I'm as good or better than ever. That's dreaming. You guys like that. That's totally dreamy. Totally.

Speaker 1: [40:36](#)

And then there's one step beyond that, which you don't have to go this far to be supremely satisfied. You do not have to take every single step to this ultimate step, but if you get to a place where you care about your career, you care, whatever you care about your home life. Like I'm, I'm, I, I'm conscious of parents right now because of how coven has impacted the dynamic of the family. Right. And a lot of people love to harp on how evil and horrible it is that kids are stuck at home with abusive parents and other people are talking about how amazing it is that they've reconnected with their kids. Like, I don't know where you sit in all of that, but I know that even a parent might have this fifth step in their heart where they want to create impact beyond their home.

Speaker 1: [41:27](#)

There's a lot of people out there who have landed on a parenting style, disciplinary style, style, dietary style, whatever, whatever it is that you do that you have an impact on a small scale, you know, within your immediate family with your immediate community. Some people want to take that and scale it up and I call this step the reach. You can see it on the growth plan. It's not necessary for happiness. Not at all. It's, it's actually, um, I, I would, I would question whether you becoming extremely good at something and sharing that with the world.

EPISODE 61: GOING BACK TO WORK IS SCARY

Um, I, I don't, I don't really know how healthy that is. Um, because there, there is a bit of pressure that comes with having to be the it person at whatever it is. You're the greatest hat, but like the reach, it, it's, it's like having, you've spent a lifetime constructing a launchpad and that launchpad just needs a rocket, right?

Speaker 1: [42:31](#) I explained this in the last episode. Like if you're, if you're in step four and you're, you're, you're at a place where you've built, you know, a launchpad for yourself and now all you need to put together as a rocket and send it up into space. That's what we're talking about here. Like those of you who are writers and you want to get your work in front of a great audience, those of you who have in mind like a service that you want to make sure gets into the hands of millions of people like this whole stage, this whole step, the fifth step of reach could be a dream for you. And so if that's the case, I don't want to tell you that you can't do it cause you absolutely can. You can. You've built the launchpad. If you've gotten to step four, you might as well build the rocket in step five.

Speaker 1: [43:18](#) You might as well send yourself and whatever it is that you do or you want to get out there, you might, you might as well follow the passion of your heart and send that rocket up into space. Right is powerful. It's incredible to watch people do this and don't ever let me be the person who limits you from attempting this. If it's within your heart, if it's within your heart, if it's within your heart to do something the greatest than it has ever been done, then who am I to stop you? How could I even stop you? So we've made it through all five steps. Hopefully that made sense where you're going from silence to stop, gap to stepping stone to spectacular view, all the way up into space. You've seen me walk you through the five steps. Imagine what you could build. It doesn't matter where you start, it matters what you stick to. I want you to stick to the highest diversion you can see of.

Speaker 1: [44:43](#) So yeah, all of this stuff, working through the steps, it all takes courage. It takes you saying, I'm not disabled for life. It's some people go that route. They think they're stuck with the way that they've managed their illness in the past. I think that's just all they're doomed to repeat in the future, telling you, don't get sucked into that. You are not disabled for life. If it comes to making a courageous decision, you just gotta know the timing. Remember, like I said at the beginning, it's uncomfortable to go back to work, and that is absolutely why you have to go for it. So I talked through five steps. Really the first three steps are

EPISODE 61: GOING BACK TO WORK IS SCARY

probably the best and most realistic, you know, so like work on getting yourself towards step three, get to that stepping stone job. Don't worry about what's beyond, just get there.

- Speaker 1: [45:43](#) Just know that it's going to be good. And then for those of you who are even more courageous, you're more committed to doing what it is that is in your heart, then you can absolutely take steps four and maybe even step five. But no matter what, it's all doable. It is all doable. So that's why next week I'm going to walk you through the process that you can use to help yourself, make those decisions, figure out the timing, and then walk into that uncertainty. Walk into that scary future. Just take the next step. That's what we're gonna help you with. Next week, we're going to talk about self-talk. This is super critical, but self-talk is how you, you're gonna rock that decision. You're gonna rock that decision, whether it's good or bad or scared, you are absolutely going to do well in making decisions about what it is that you need to do with going back to work. So that's next week. I don't want you to miss it and I will see you here. Same time, same place. Adios.
- Speaker 4: [46:52](#) [inaudible].
- Speaker 5: [46:57](#) Thanks for listening to the bipolar now podcast at [www dot Mike Lardi dot com](http://www.dotmikeLardi.com).