



EPISODE 67: SORROW IS FOR A SEASON

- 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 67.
- 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. Wow. Yeah.
- Speaker 1: [00:57](#) Episode 67. Here we go. I'm like, let's do an episode on sorrow. That'll be fun. People will love it. Let's talk about being crushed. Let's talk about having a bottomless reserve of tears. Let's talk about, let's talk about being sad out of your mind. That'd be fun. That'd be fun. Okay. Maybe you're listening to this podcast for the first time today. Maybe you're like to this Mike Guy is a total bummer. This is not what I came for. Well, yes, sometimes not all the time, but sometimes I do a show like this. Like for me, the Rocky episode, you guys remember that one, that episode comes to mind right now. Um, just no, no. That where I'm coming from today, it's things like this are usually they're based around topics like this whole show. For example, I try to base it around. I try to base the topics around someone's question or someone's idea or someone's experienced their story, right? Like I try to usually base the show around that. And that's why there's pretty much no end to how many episodes we can do here on this program. But, but sometimes life hits me so hard that I just have to share a super personal experience right. As it's happening right in the moment.
- Speaker 1: [02:33](#) So hopefully by the time I explain what I mean today, when I say sorrow, hopefully you'll have a deeper understanding of that and a window into your mental health, which I'm saying doesn't always have to be symptoms. Doesn't mental health. Doesn't always have to be these clearly defined symptoms. Sometimes life just hurts and it's not your fault. You didn't do anything wrong to get here. And Sarah was like that and I'm sitting in it right now, which is why it's so fun. I, uh, I took some notes for today. I've got them right here. I've got three things that I've learned over the last six months of sorrow. And in particular over the last six weeks, you know what, with what? With COVID 19 and everything else that's going on. It's like, okay. So I'll get

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into those three takeaways at the end of the show, which I'm hoping isn't going to be a super long one. Cause just cause you know, it's topics a lot of fun. Um, uh, no, that's just me being jaded. I I'm, I'm going to try not to say that throughout the entire show. If I can help it, but okay. Sorrow, let's focus. Mike focus. So what is sorrow? What the heck is it? Why am I doing a whole show on this subject? Well, first of all, if you're new to bipolar diagnosis, if this is like a brand new label for you, I want you to know that it's not always depression that gets you down.

Speaker 1: [04:19](#)

It means if I'm feeling bad, it's not always depression's fault. Cause remember bipolar depression, it originates in certain regions of the brain that ordinary depression and major depression. They just don't come from these places. Now they're not even the same thing. So when you see like, you know, your friends are trying to help you out, like your friends, see you getting down, you're getting down on yourself, you're getting down on life, whatever your friends, see you getting down and they think they can relate. Cause you know what? They've been down to. They've done this before, but here's the thing. Somebody like that has no idea what depression is. It's debilitating. And here's another thing, even people. Okay. And as terrible as this sounds, even people with clinical major depressive disorder have no idea what it's like for someone with bipolar to experience depression.

Speaker 1: [05:26](#)

And you can look this up if you don't believe me, but bipolar depression, it is unique. And it is completely multi-dimensional compared to the depression that most people experience from time to time. And even people it's just different. Even with people who are clinically recognized with depression. So like my mom, when I relate to her about my depressive features, she's blown away, bipolar depression to her sounds like this awful rainbow of emotions and thoughts and fears. It's like a dark rainbow. If you can even imagine what that would look like now, here's the thing. I'm not telling you to look for sympathy with people that don't get it. That's not, that's not even what I'm talking about. I'm just saying what colored differently. That's all. But anyways, okay. Anyways, there's a depression and then there's bipolar depression. And then, and then there is sorrow and it's not depression.

Speaker 1: [06:42](#)

It's not like, Oh crap. I got to change my meds. Now it's not depression. It's Oh, it's sorrow. Oh, like, okay, I have sorrow. Should I go see my doctor? Like no. Now there's nothing wrong with changing your meds. Cause people do it all the time. And there's just nothing wrong with you. If you have to do that, it's

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very common. There's also nothing wrong with senior doctor. Whenever something in your mood or disposition or something is changing in your life. It's okay. You have a clinical condition. You can go see your doctor. That's what they're there for. But sorrow is not a symptom.

Speaker 1: [07:19](#) It's not on the depressive. End of the spectrum. If you go to your doctor with symptoms of sorrow, they'll just look at you like what you want me to do. You're not sad. You're not unhappy. You're not feeling hopeless. You're you're so you're not depressed. You're you're not showing frustration or, or you don't have a lack of tolerance. You don't have any major anger issues going on. So you're, you're, you're not depressed. You'll feel bad about yourself. You don't lack confidence. You're so you're not depressed. You're you're not seeing the world through pessimistic or black lenses. You're not disinterested. You're not ready to throw it all in. You're not suicidal. Okay? You're not depressed. You're not having trouble with your memory or not. You know, you're not having trouble. Being able to concentrate on things. Your sleep is fine. Your appetite is fine. Your sex drive is definitely working. Uh, you're not depressed. You have a purpose in life and you feel energetic enough to function. So you're not depressed. You have no major relationship problems. You're not irritable. You're not mean towards others. You know, you don't have a mean spirit. You're not, you're not depressed. You don't struggle with making decisions yourself.

Speaker 1: [08:58](#) Like none of this applies like so pretty much you're not depressed with bipolar depression. Can you see how multidimensional it is? Like I pulled those out of a book and that's not even half the list of, of symptoms of bipolar depression. Can you, can you see how completely multi-dimensional it is compared to sadness, hopelessness, suicidal. So, but you know, you could be something else, so you're not depressed. What are you? You could be something else. You could be something a bit quieter. What are you feeling, Mike? Could you be sorrowful? Yeah. Could that be what it is? You could be sorrowful that's you? I feel you sorrow is described in the dictionary as like a pain or the pain of losing something or the pain of losing some one. And it can be a lot like regret, but not always. And it's, it's not always about guilt or even the past.

Speaker 1: [10:19](#) One of the interesting descriptors to me as I was looking this up. One of the interesting descriptors of sorrow is that it has to do with affliction. And do you know what affliction is? Here's a funny story. I used to work for some friends and that was back when I was living down by the beach. Uh, right, right. During the

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years where I was just kind of in and out of college, trying to figure out my mental health. And so, uh, my friends that I worked for, uh, worked for them for a few years. And then they started a clothing company and you know what they named it. They named that clothing affliction. They named a clothing company after a type of suffering and it blew up.

Speaker 1: [11:13](#)

So apparently this is like a popular understanding. Like there's an affinity within our generation of what it is to be afflicted, to be afflicted with addiction, to be afflicted with rage or anger, to be afflicted in general, that's sorrow, K sorrow. It has with it, some kind of spiritual connotations, like some kind of extra dimension. And here's how I know that because pretty much any major character in the Bible story has at least some kind of affliction, some kind of sorrow, something associated with their story with, with their story of becoming who God made them to be. So you've got people like Sarah or Sariah. She was afflicted like Isaac and Rebecca afflicted King, Joseph of Egypt. He was afflicted King David King, Solomon afflicted flicked it, the profits, the judges like on and on, right. It's crazy. It's crazy that there is no major character in that storyline that didn't suffer in some major way for quite some time in this life. And all of them said, this freaking sucks. I'm wasting away here.

Speaker 1: [12:45](#)

I'm wasting away. So sh sorrow, it can show up as affliction. But here's another interesting thing that I learned. I was just looking into this for myself. I was doing a word study and I was pulling out all these different descriptors of what sorrow can show up as. And here's another thing it can show up as a duty. And now I said, aha, for me in particular, that's exactly what I'm living with. I have a duty to perform, and that's why I have sorrow. Since we're doing a show here based on how I'm feeling and suffering today. Can I just tell you a little backstory? I promise it relates. I promise. Um, okay. A little story. There was a time. And I think about this whenever I go walking in the neighborhood that I grew up in here in the mountains, which is my parents' neighborhood. I did a ton of walking and thinking and just praying and searching so much walking when I was first recovering from my major symptoms. But there was a time in my life. A long time. We're talking years. I had no idea why I was afflicted with this illness.

Speaker 1: [14:12](#)

They gave me a name for it at the hospital. They sent me from hospital to hospital. I tried check out early. I get thrown back in like everything in my life. I had to lose it all. I had to have this affliction in my life cause me to lose everything, to have to start over with literally zero clue, no idea of where to steer my life.

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What direction do I even go? What even matters now, does anybody know what that feels like? So day after day I go walking, right? Okay. Something I, from all of my books about bipolar disorder, particularly take charge of bipolar, which by the way is my absolute favorite book ever on bipolar disorder. I've read like nine or 10 books on this topic. Take charge, Julie fast. She she's the author. She's an absolute gift to this community. She's my go to girl.

Speaker 1: [15:12](#)

And so here she is. She tells me in this book take charge, all right, Mike, take charge of bipolar. You can do it. Come on. You know, she was like through her writing, she was coaching me. And so she told me part of my plan for recovery needs to include getting outside, going out for a walk, getting some light in my eyes every single day. Even if I don't feel like it. Yes. Go out. Even if I feel like a miserable loser, just go outside, go outside. And that's what I did. And then days of walking would turn into weeks and weeks of walking would turn into months and months into seasons. And all these things would turn into years and slowly and surely, I regained my footing in the world and I started to feel a sense of duty to give back.

Speaker 1: [16:07](#)

No, I had no idea, again, not a clue what this would even turn into. Cause if you told me that today I'd be hosting a weekly podcast on a mental disorder. Like I would never believe you. Cause that's the last thing I wanted to do. Like I last the very last thing I wanted to be was in the spotlight for all of this. Yeah. And just not wired up for it. I don't, I don't like being seen. I don't like being heard. So, you know, of course my doctor is my family, my friends, they kept pushing me. They're like, no, you gotta do something. You gotta, you gotta tell people, you gotta get out there. And so I had yes, a tiny conviction, you know, that I could do something important with my story, but it like, it took all the way up to, it took about six years, maybe seven years for me to get enough conviction to go ahead and pull the trigger and be known for coaching in mental health.

Speaker 1: [17:14](#)

Okay. And I'm not quite there all the way yet. I've got a lot of training to do. I've got a lot more experience to get under my belt. My members who are my all-stars, who are in the peace plan with me, you know, they're in there every month doing the work and interacting with the material and showing me where I need to add and modify and change things to help them develop their most like their most resolute plan for living with this disease. But we're in there, we're doing it like here I am a year into it. And now, now that I've pulled the trigger, I have a new duty. I got a, I have a calling a duty to love and to serve

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people who understand what it means to be thrown out, to be marginalized, to be distrusted or even to be feared.

- Speaker 1: [18:12](#) It's a new duty. It's a new love. It's a new service, which means I've got to ask as I go along with this thing, as I make plans, do I have a duty to serve just a few people? And do I do that in a clinical setting? Or do I have a duty to connect millions of suffering people with the techniques, the knowledge, the skill sets and all of these various support systems that we talk about on this show? Like, do I connect them to what they're missing out on? Do I, do I do it for a few or for a lot? Do I do something small and manageable or do I do something incredibly powerful?
- Speaker 1: [19:12](#) That is nuts, right? That's nuts. My sense of duty, my whole duty in this, in, in portraying health with this illness, my duty gives me sorrow in addition to my affliction. Okay. Can you see how that works? Like I have a sense of calling of mission of duty. I don't know if it's going to be my entire life, but for now I'm planning on it and it gives me sorrow. And this is in addition to what I experienced with the affliction of my illness. Now I don't think it brings me down really, or at least it does not hurt me in any way. I know this for sure to know that potentially every single day for the rest of my life, I'm going to be connected directly to people who know that suffering like this suffering and bipolar is a bottomless. Well, like it just, you can't exhaust it.
- Speaker 1: [20:24](#) It keeps going. It's a lifelong condition. And I'm going to be in a lifelong position, connected directly to people who know that intimately like people in chaos or families, families who are in chaos because of people in their family who are in chaos, like, like I was like, my family was, but I am committed to a path that takes me into direct contact with the people that, and I'm not talking down the system, but like the mental health system has almost no idea how to help people like us in any longterm way. Like it's just the way it's the way it is and things are gonna change. And that's my part. And maybe that's the crazy part. Thinking about how like innately, I know in a very simple way how to do something that a multi billion dollar industry cannot figure out that's nuts. Okay. I don't like being nuts. I try very hard. I try very hard in my life not to be nuts, but here I am.
- Speaker 1: [21:51](#) I'm sorrowful a bout a year ago when this all began, I left my business in construction, had a partial ownership in a construction company. And I left that to build a business, helping people with a brain disorder and up here in the mountains. There's a lot of guys doing construction. There's a lot

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of remodels. Uh, interestingly enough, there's new construction. Even in the D in the developed areas, uh, Lake Arrowhead is, it's like a Southern California beach town, but it's just plopped on a tiny little Alpine Lake. So I've got a lot of guys that I see and I mostly see them at the gym and they're in construction. They're super, super good at it. And they're like, you know, when they found out what I did, they're like, dude, you started a mental health business from scratch. Like with no experience whatsoever two that's hot, but here's the thing doing something that impresses people doesn't take away. The sorrow, listen to me, millennials in particular, doing something that impresses people doesn't take away. The sorrow. So many people today are like, you know what? Forget a job. I'm just going to be an influencer on Instagram and tick-tock, and I'll make millions doing everyday things. Here's the thing. It doesn't take away. The sorrow duty. If you have a duty duty is not. It may, it may seem like it at first, but duty is not as sexy as fantasy duty. Not as sexy

Speaker 3: [23:46](#)

As millions doing something you love. Okay. Duty is real work. It's hard work and get this. It might not even work. It might not even work my programs, the peace plan, the other programs I'm creating in the wake of the peace plan. Like these things might not even work in the long term. My plans might not even work in the longterm. I might not even work in the long term. If we're just being honest, I might be the wrong person for all of this. I might be the wrong person.

Speaker 1: [24:28](#)

I might be the wrong person. Sorrow says that sorrow says, I might have the greatest convictions, but you know what? I'm not the right person. And so I've been thinking about this for a long time. I've been thinking about status and how to elevate people. I believe very deeply that you and I who suffer from this disease and things like this. Like we're the new untouchables. We are the new lowest class. We're the lowest class possible. At least in America, like mental illness creates untouchables. You know, I run into, I run into just some pretty spectacular people on this podcast. And I have what, um, what you would consider an up close and personal view of sorrow in a lot of lives. Like I know people from this show who are now friends of mine, who haven't had a date or a vacation or a break, not even a break from mental illness in the lives of their children in the last two years solid, they don't get a break. They don't get to do their lives. The children are suffering with mental illness and it totally takes over.

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- Speaker 1: [26:22](#) And I get that because I get the heartbreak. Like I broke my family's heart for years before I finally was broken myself and recognize the need for help and the need for a plan. There are people right now whose lives are being devastated by somebody, someone who's in a manic mode of being like damages occurring in so many lives right now, like so many people suffering from just this one disease that we are focused on in this show. Like it, it cannot even be calculated how much emotional and spiritual damage and maybe even physical damage that is occurring right now in the lives of people who live or are somehow touched by this disease. Like mental illness destroys everything that it touches everything. It's not like a, Oh, I wish you could get it together for once. Or I wish you'd just have more fun with us. Or I just wish you would have kept this job a little longer. Like no, no, no, no. Mental illness wipes, every chess piece off of your board just wipes it clean. Okay. There's nothing nice about it.
- Speaker 1: [28:06](#) Mental illness creates the new untouchables. Just think about that. We are the new leprosy, so don't get near us. We have to cry out unclean, unclean, unclean, man. There's so much I could say about that, but I'll just, how about this hard subject heart episode? Let me just end it here with a few takeaways, from my experience of living and working in loving while having legitimate sorrow. So in the last week in particular, I've been juggling a ton of work. So to be able to sit down and pause and think about my situation, that's pretty much a luxury right now, but I sat down and sketched out these three things that I want to share with you. And I want to show you how you can be someone who functions inside of your sorrow, because I don't want to shut down your life. Um, my life is impacted, but it's not shut down.
- Speaker 1: [29:19](#) Okay. I think everybody knows what that feels. It feels like by now, um, everything in my life has slowed down, but it's not shut down. So here here's the thing it's actually sorrow. You'll think I'm weird. And I am, but sorrow is, it's a pretty cool thing when you can think about like, okay, I'm just remembering like a few ago, I recorded that crazy episode on color and race and racial dynamics and racial tensions. Like you remember that? Okay. Remember how I said that sorrow is better than laughter like the coolest thing is that, that, that it's just true.
- Speaker 1: [30:04](#) Sorrow is better than laughter and, and yeah, like I was, if you have a hard time describing that, if you've never experienced it, but it's like, it's just like understanding the fact that all I was trying to say was it's better to cry. Okay. Get this. It's, it's better

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to cry as a poor man than to laugh with the jokes of the rich, at least in this life, it's better to tears are better than laughter in this life. It will not be this way forever, but yeah, three things. Okay. First thing I could share with you is this number one, get familiar with sorrow.

Speaker 1: [30:57](#)

Just get familiar with it. Don't kill yourself with it and don't overanalyze it and don't try to escape immediately. Just let it become familiar. And you'll see that it's not so bad. That's what makes it cool. Like it's definitely not worth stressing over. So get familiar with sorrow. Okay. Next number two. Give yourself permission to have sorrow. Give yourself permission in the spiritual realm. This is known as lament lament is to be genuinely. I just made this up. So please don't look it up in the dictionary. Lament is to be genuinely desirous of what you lack. Okay. In my case, the sorrow comes from what I lack when it comes to my duty.

Speaker 1: [31:59](#)

Okay. There's so much that I'm not, there's so much that I am yet to be. There's so much that I lack it causes me sorrow that I'm not there yet. When it comes to my duty. It's to be genuinely desirous of what you lacked. It's beautiful. Okay. Give yourself permission to have that. It's super cool. Super cool. Okay. So the third thing is this and yeah, there's probably more than three lessons in sorrow, but this is already pretty overwhelming. Pretty much overwhelming as a topic. So I won't go any further. I'll give you three. The thing is this. So not only do you have to get familiar, not only do you have to give yourself a room, you also have to grant others access to your sorrow. You have to grant other people, live human beings, with misconceptions and prejudices and care and concern. You have to grant them access to your sorrow. You don't have to give it away. And now this is, it's pretty much impossible to do this. If you're a proud person Or if you're a fearful person, but I want you to know you can do it. My, because of my bipolar.

Speaker 2: [33:30](#)

Hmm.

Speaker 1: [33:31](#)

I, it, I mean, it has taken me so far down. It has left me there for so long. I had to climb so hard to get out of the pit that I was in. Like I, when it comes to pride and giving away, giving away access to my life, like I pretty much had pride ripped out of my life for good. And I like that. It, it serves me well. So, so that's what I say. Share it with others, like share your sorrow grant. Other people access to your experience of sorrow and yes, yes. I know what you're thinking. My gosh, Mike, that sounds so painful. And you're right. It is, it is downright painful to share

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your sorrow with other human beings. And at first I hate doing this. I Ugh, but it just works. It just works. You cannot waste away in isolation.

Speaker 1: [34:38](#)

That's one of the most foolish things you could possibly do is just waste away all by yourself. Never let anybody in. And the reason I think it's, I mean, somebody has just made an incredible case to me this week. We have an amazing, amazing woman in our bipolar now podcast group, which is the group that meets for this show on Facebook. And in that group, she told me that she has a tight team of four people that she shares life with on a regular basis. And so I was like, Oh, check this out. You know, she said, there's one person in particular. Or maybe it was the four. I can't remember, but she has one person each day, each evening that either calls her or she calls them. And so right before bed and we discussed the day man, and she shares can, it doesn't have to be all mental.

Speaker 1: [35:37](#)

Like it can be anything, but she's not living. She's not wasting away in isolation. This was a very powerful example to me, just this week of how it works, which is why you've got, especially those of you who are just in the very beginning, throes of reassembly in your life. Like you've got to find your tribe when your surrounded by people who will have the tough conversations with you. That is when you can be considered grounded centered. I, um, I mean, a lot of people talk about this, right? Like, but nowadays, picture yourself, okay. Picture yourself in the center of four people, giving you their loving attention for very good people for very good inputs surrounding you. You're in the center, you will feel centered. Okay. I don't know much about the teaching on center. I don't know where that comes from. I just, I see it getting thrown around a lot. Like I want to feel centered. I want to get rid of this chaos. You will feel centered in the midst of your tribe, in the midst of your sorrow. It's amazing. It's you can function. This is a season like you can function beautifully until this season is over. So don't neglect to do this. Okay. Don't neglect to do this. Get familiar with your sorrow, give yourself room, give yourself permission to experience it in lament and grant, give permission to others to come inside of your sorrow. Don't neglect to do this.

Speaker 1: [37:44](#)

It's good news. That sorrow is only, but for a season it's only a season, but I believe, and I know because I've, I mean, I'm living it So sorrow was a season, but it's a very useful season. Okay. Did we survive? Is anybody still listening? Um, yeah. Okay. So next week I, so this I've had this topic pop up in requests. This is something that I have been avoiding for a long time. I probably

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been avoiding this topic a year, but I'm in a good somber place to talk about it. And that is the subject of sex. And we're going to talk specifically about sex when you have bipolar and we're going to deal with the soaring highs and all the sensuality and all the shame. So you don't wanna miss it except please don't listen around your kids or other people. So just FYI on this particular episode, don't, don't miss it, but don't listen around other people and I will see you here. Same time, same place, adios.

Speaker 2: [39:14](#)

[inaudible]

Speaker 4: [39:19](#)

Thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmike.lardi.com).