



## EPISODE 69: LONELY IS NOT A VERB

- 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 69.
- Speaker 2: [00:41](#) 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: [00:56](#) Back with a vengeance. Alright, we are back. I didn't get shut down for the sex episode. So things are going to be okay around here. We did. However, get shut down by the COVID. Once again, here in California, fiasco continues, but life is still pretty sleepy here in our little summer mountain town. So, okay. Quick update. Um, my mornings have been a disaster for like the last three weeks and I had two people, two friends of the show, uh, actually contact me privately and said, Mike, are you okay? I know how, how much of a big deal mornings are to you. And so, um, I'm just amazed at I'm. So I'm just so fortunate. Like I have friends through this show who are genuinely interested and they can totally relate. You know, it's like, it's, it's like this Epic, like it's like the morning gums and the battle rages on, Oh gosh, seriously though.
- Speaker 1: [02:00](#) My mornings are a battleground. My life is turning into a mess all because I can't do things at the proper time. I mean, that's the nuttiest part of bipolar disorder. If you really think about it, like how many times do you know what to do? Do you like know like, okay, I've got to do this or my therapist said to do that. And you're like, yeah. Okay, good luck with that. I have a great friend Debbie, on this show and I have her to thank for this insight because she pointed this out to me over the weekend. And as soon as she did that, I was like, Oh my gosh. Oh my goodness. Here's the thing. We know what to do. We're not idiots. We just don't know how to actually do it and get it going and get it moving and move on from all these horrible feelings.
- Speaker 1: [02:53](#) My mornings. Oh my gosh, you guys, my mornings are so sloppy right now. They're chaotic. I'm half awake the whole entire time. Like, Oh my gosh, I'm just, I'm dying here. I'm trying to hold my, uh, you know what? I'm trying to hold it together here. Uh,

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you've heard me say this. If you're in the peace plan, you have definitely heard me say this. That if you have bipolar your entire day is typically, usually won or lost in how well you do your sleep and in how well you do your mornings. So it's kind of a thing. But anyways, this evening was the first walk that I've taken. I mean, in the past three weeks, I can't even remember right now, like taking any walks whatsoever. I know I did it's part of my day, but this today was the first evening. The first walk I can actually remember.

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That's how jumbled up my life is right now because of my energy levels, being all thrown up and down and, and, and taken off, like all of my thinking is just scrambled up and thrown into a, um, into a soggy burrito. Can you picture my soggy burrito? Maybe you don't wanna picture it, but it's falling apart. Like a soggy burrito falls apart. And that's what I'm doing. Like, I have fallen off of the bandwagon, like every now and then I fall off the bandwagon. Gosh, but Hey, guess what? You know what I'm allowed to? I don't know if it's totally obvious to absolutely everyone at this point, but I do have a severe brain disorder. It's not a figment of my imagination. It's not an invention of 21st century psychologists, or you know what I'm saying? Like, it's not pandering for attention. It's not something I can just suck up and get over myself.

Speaker 1: [04:49](#)

Nope. It's severe, severe brain disorder. Okay. Not casual. Could there be such a thing as a casual brain disorder? No, it's severe. So I get to fall off the wagon every now and then. Okay. I want you to remind yourself of this. I get to fall off the wagon every now and then now all this new terminology drives me crazy, but, and don't take offense to this because I know what you're trying to say, but it's like, you hit a situation like this. You can't just speak your truth all over this illness. You know, you can't declare anything you want over it. You can try, but that just don't change the facts. You can declare your higher being all over this disease, your higher vibration, but it don't take it away.

Speaker 1: [05:45](#)

Here's not a truth. Here's the truth. We are not you and I are not structurally engineered to cope with the forces of life in the same way that most people are capable of doing. We're just not, you know, I got a history with this disease and usually right about now I fall apart in some spectacular, glorious, significant way. Like I just fall apart. And this is right about the time when I'd have to figure out what the hell happened and go and look for the pieces and pick them all up and start over from scratch. And you know, like right about now, summertime, like this is just, this is my history with the disease. Like, you know, I have to

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pick up the pieces and come fall, start over from scratch. You know, every September, come, come back to it, start over from scratch. I've done that countless times in the past. I'm not doing that here anymore.

- Speaker 1: [06:59](#) I have worked very hard to have standards for my day and have principles that guide me along a standard day. Like the impact of that cannot be understated like a standard way of doing my day. Call me crazy. But I figured out some very helpful standards. I got standards and systems and principles, and I might be certifiably crazy, but I have locked these things in you guys. Like they are locked in. They were fought for, they were proven and now they are absolutely staying in my life. So when I fall off the wagon, as I do, as I get to do, I just fall off the wagon, I just go back to these things every time I just go right on back, I have standards, okay. Systems that I've thought to put in place principles to live by that guide me in the way, like when I fall off the wagon, I don't, I don't lose connection to those things.
- Speaker 1: [08:11](#) I don't forget about them. I just go right back every single time, all this stuff I share on this show, all this stuff I talk about. I just keep going back to it. You guys, I just keep coming back. All the coaching, all the crazy, powerful, next level stuff that I teach in the peace plan. Like I just keep coming back to it. And when I fall off the wagon, you can bet I'll find my way back on. I don't get stranded out in the desert anymore. All the while, you know, life just goes on for everyone else, but I'm still getting help. Okay. So I've got to figure out what the heck, like what is the deal for all this energy wackiness and just generally passing my days, feeling wasted and spent and bewildered and confused, like and hungry, right? Like I'm, I don't know.
- Speaker 1: [09:03](#) I'm out of, out of nowhere, my appetite becomes an issue. I'm hungry. So I see my family doctor in two weeks. Okay. Another major update, major bit of news. Um, and then we'll get to the topic. But as of this weekend, actually as of Saturday at one o'clock Pacific time, I got off the phone with a very dear friend after having counseled with numerous friends, I am detaching myself, finally detaching myself from a major piece of my life, which is church leadership. Now it started out great. Like it always does, but right now it's just, I'm sucked into a pattern. And I just discovered this pattern. You guys just this past week. Oh my gosh. It's crazy that I didn't see it coming, but it was a pattern clear as day. It was actually revealed to me. And the pattern goes like this six years, six years, six years, six, six, six. I get six years into serving in the local ministry. And then I get blue in the face with all my serving and all of my trying so hard

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to, gosh, dang, like just make a difference in this town. Right? Like I get six years into that. Like, and then there's a pattern. It repeats six, six, six. Now all my Bible nerds. I mean, scholars, I don't know if you've heard of this, but that's kind of not a good number pattern, right? Like Mike is six, six, six.

Speaker 1: [10:49](#)

Oh, no, it it's nothing. It's it's just funny. Like it's a pattern. So that is my attention for what I'm choosing to do now. Me Mike going forward, like anyways, this whole church leadership thing, it, it just became a taking relationship for me. It's like, just give, give, give, give, give, give, give, and take, take, take, take, take, take, take, like, like the relationship just became exhausting and I didn't, I didn't do anything wrong. I did nothing wrong. Okay. Other than maybe holding on for too long, like I noticed this last year and I should have made this decision last year, but I let it drag on and I let it suck. The, just suck the life right out of me. That's, that's a terrible thing to say about church. Right. But, but like, it was already letting me go, okay, this is what I realized over the weekend, talking to this very dear friend of mine.

Speaker 1: [11:51](#)

We were on the phone for hours about this. She knows ministry. She knows my, just my, my mental health. She knows my, my new mission. She knows my business. Like this whole thing was letting me go months ago. But I was holding on. I kept holding on is letting me go. I kept holding on like I always freaking do. And now of course, because of held on for so long, it took so much energy to do that. I'm like, you know, cross out my eyes. I feel knocked out. I feel unconscious from all of this just regarding church. Okay. I have massive energy for everything else in my life. Would I have no energy? I have zero energy for this, but because I'm so devoted and so committed to everything that I do, I hang on, you know, to way past due. Right. I hang on until I'm kicked out.

Speaker 1: [13:00](#)

When it comes to giving up ministry, you basically have to beat me up and kill me and drag me outside of the city. And I'll be all beaten and bloody and just lying there dead. And when I revive, because I always do, I'll get right back up and I'll go right back and March into that city all over again with the same message. And that's where I'm at. I've been dragged outside the city right now. I'm not literally, but I'm like emotionally and spiritually bloodied and beaten and passed out. And I just got wonder, maybe that's why I feel so out of touch. Maybe could it be that this is why I feel so numb. I mean, I'm really not. Well right now, this is a, uh, this is a message to me, but I'm sharing it. Wondering if maybe you could take something from it too. Like when you're in a taking relationship to something or to

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someone when it, when it becomes a taking exchange where you just keep getting taken from you either need to correct it or cut it off.

Speaker 1: [14:24](#)

I had this realization. You, you either need to correct it or cut it off. When something is just taking, taking, taking away your joy and taking away your sanity, you either need to correct it or cut it off. So that's what I'm doing. I that's that's me right here. I'm correcting here so that I can come correct in the things that are now right in front of me. Like I'm, I'm doing this correction some major correction in my life to, to shave that role off. Like I'm doing that so that I can have the correct attitude and the correct thinking and the correct energy about the things that are now right here, right here in front of me.

Speaker 1: [15:23](#)

It's undeniable. It's a new day for it. Just a new day for me. I have a new mission and I'm excited and I need to focus. So yeah, correcting and cutting off, you know, things are going to improve for me. I've got some pretty big conversations to do this week with the board of directors. And I've got some pretty big conversations to have with some people that are going to be upset about this decision, but you know what I got correct it like there's correcting and cutting off. Plus, now this is cool. This just happened yesterday. Um, the construction business that I'm involved with, um, we're officially going to retire that. And so, uh, my partner is going to dissolve it. And so now that's yet another thing, right? Like another cutting off it's perfect. Cause I mean, I love the construction business, but it just like, I can't take all the random jobs popping up. And so now there's going to be no more random jobs and things are really finally shaping up for me so that I can finally focus, focus.

Speaker 1: [16:34](#)

Okay. Episode 69. What are we here for again? Oh yeah. Loneliness. This, this is funny. I read three books over the weekend and um, I'm not a big time reader, but you know, three books is kind of a big deal. Um, I was searching for clues in just my personality. I was searching for clues as to why, why am I being hit so hard with this decision to cut off and correct. Now you probably heard this in passing in shows before, but did you know that when it comes to the Enneagram, which is a personality type system that comes from like ancient roots in the middle East, like the Enneagram, I'm a raging type three. Okay. When it comes to loneliness and this whole topic today, like type threes, don't got time to be lonely.

Speaker 1: [17:31](#)

We just don't got time. No, that's, that's actually a big fat lie. Um, we are type threes. I should say our among, and this is, I

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mean, I'm not making this up. This is what I read. We are among the loneliest and the most frustrated types that can possibly, we're always climbing a higher summit. You know, we're climbing onward upward. Let's go, let's take it. Let's, let's do things. Let's change the system. Like that's us, we're always climbing a higher mountain only to realize that you lost everybody and yourself along the way. But my story is not that interesting. I just, um, I just don't wanna, I don't want to dive into that too much cause that's just one personality out of the nine types and the way I experienced loneliness. So what I did was for today, I asked all my friends over at the bipolar now podcast group on Facebook, if they could share any stories with me, with us on feeling lonely and all the ifs, ands or buts that are standing in the way to not feeling lonely. So their stories are going to hit you right between the eyes, at least they did for me. So here we go.

Speaker 1: [19:06](#)

All right. So you heard me say, I collected a bunch of stories for this week and they are amazing. I actually had somebody like respond and give me feedback almost immediately when I posted all the questions. And so this person shared, and of course I'm sharing anonymously. I don't want to, um, you know, pinpoint anybody's name on any of these stories, but I want you to hear like the, just hear the emotion behind it, right? Like here, what the setup was like. So this person she shares with me and she says, hi, Mike, I want to share my experience since I can really, really relate to the topic of loneliness. She says, I had a manic relapse that lasted a few months and that all ended in April, right in the middle of COVID and actually lost my main support network or my tribe of close friends.

Speaker 1: [19:56](#)

So to speak. It was the worst timing to lose my supportive friend group, because life is essentially on pause for me. And it's incredibly difficult to meet new people right now. She says I have about three or so local friends left, but you know what? They're not super reliable. Like the ones I lost rebuilding during COVID has been immensely challenging, immensely challenging. I went from having to decline social invites, a phone that was constantly streaming with text messages, to what now feels like almost nothing as someone who is social and extroverted. This is a really, really difficult. I asked the whole group, if you find anything annoying or frustrating about that, when it comes to be being alone and feeling emotionally alone and not liking it. And so what she says here is that the most frustrating thing that I feel is as far as loneliness is concerned, is like not knowing if it will ever go away in this atmosphere of uncertainty due to COVID.

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- Speaker 1: [21:14](#) It can feel like it's never going to end. People are starting to have small, get together and go on camping trips and have fun. And it's frustrating not having someone or a group that I'd like to go with anymore. What's also frustrating is that no one is talking about loneliness. People assume that everyone has a network of friends and groups are becoming more and more insular. It seems like people have, for the most part stopped meeting new people. And no one is pointing this out that this could be a problem. Maybe just, maybe there's a stigma around loneliness. Now I'm spending a lot of time with my parents, which I'm grateful for. And even if it's not in the same age group as my peers, I'm grateful, but I'm also embarrassed that I don't have more friends, especially close friends, friends that I can depend on. I generally feel unsettled in my life as a result of the loneliness. And this gives me more time to ruminate about the past.
- Speaker 1: [22:22](#) I have another bit of feedback from a guy and he says, um, I chose question number four, which was the question about wanting to get rid of your loneliness, but also not being entirely sure how to fix it. So he says this, I've got a loving family and I'm a Christian. And I believe that God is always with me, but for some reason, my brain seems to think that that isn't enough. Okay. That's hold on real quick. That's significant. Okay. God, doesn't take away your loneliness. God, this is me speaking to you. God, doesn't take away your loneliness. He amplifies your longing, but he says, I believe that God is always with me. And for some reason, my brain just can't wrap around that fact. It's like, it's not enough. I know that God is on my side and he doesn't give us anything that we can't handle. But I have been finding loneliness and this whole bipolar disorder thing to be really quite a bit, I'm feeling very stressed. And obviously it's been affecting my overall health and my sleep too.
- Speaker 1: [23:38](#) Okay. Here's another one. She tells me Mike, when I'm feeling lonely and in a down cycle, I sit in my bathroom alone with the doors closed. And it's almost as though I can crawl into a hole without even being in a hole. There can be people all around me in my life yet. I feel so lonely and misunderstood because they don't understand get this. I can have a thriving business. And then all of a sudden when that dries up and I don't have clients, I just disappear into the shadows. And then my business coaches are saying like, where are you? Why aren't you showing up? Just suck it up. Why, why are you giving up? She says, seriously, Mike, you could insert so many bad words that I want to retaliate with.

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- Speaker 1: [24:34](#) This comes from another guy. He says, it's actually hard to relate to this in an emotional way. Since that's how I phrased the question was being emotionally alone. But he says, and this piggybacks off of our conversation last week, he says that hyper-sexual tendencies tend to create for some tend to create for me some very odd connections. He says, I believe if you substituted the word loneliness and swapped it out with void, that I could rant of endless ways to fill in all the blanks that that's how void operates like. So he's equating loneliness with a gap, a blank avoid. He says, then reality sets in that the lack of emotional connections don't miss this. The lack of emotional connections within its core is actually loneliness.
- Speaker 1: [25:31](#) You bring up an interesting analogy. Mike, about being sucked into a funnel. I kind of think for me like creating a void was a way of overcoming the emotional struggle of being lonely without the emotional connections or positive or loving relationships that I wanted at a young age, I found that I was constantly trying to fill in an emptiness within that, that I unknowingly created, which I did in order to adapt myself, to not allow the loneliness to have a place. Here's another one she says, Mike, about loneliness. I know this sounds dramatic, but I have felt lonely for most of my life.
- Speaker 1: [26:21](#) It comes from always feeling misunderstood or unseen for the real me. The more I changed myself or the more I watered down for others in order to avoid the pain that I usually experience with vulnerability. The more I do that, the deeper I fall into loneliness. She says this, listen to this in the last few years, I've felt lonelier around people than when I'm actually alone. She says, I've found a friend within myself. I guess I've kind of had to, the more time I spend with this person with myself, the more time I spend with her, the more I love her. And the more I understand God's love for her to now, maybe it's not healthy to come out of loneliness this way. Since most things say to jump into uncomfortable social situations before me, I believe it's been necessary to find a confidence, a confidence that says I don't have to feel the need to be vulnerable with everyone in order to feel alive or completely authentic. That's pretty cool, right? She says, not everyone deserves that side of me. Anyways. There's a lot of feelings inside of me that most people will never understand. And I've got to find the healthy balance of what I keep inside for my own strength and what is meant to be given away all the while, being okay with it.
- Speaker 1: [28:00](#) Pretty amazing, right? We got more, this person says, Hey Mike, she says, maybe my answer will fit into your questions.



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Somehow would I have always felt alone. Even from a young age, even from a young age, I would ask my mom why no one liked me. And I felt lonely. Even when people were around this led to a sense that nothing I did matters that if I matter to no one, then it doesn't matter what I do or who I'm around. Or if I'm around, this has seriously affected my life and caused me to miss out on events of friends whom I've left behind trying to find meaning in life or attempting to run away from myself. But I keep failing. I keep failing time and time again. I had a big group of friends in high school from doing theater and choir that extended beyond high school.

Speaker 1: [29:00](#)

And I missed to get this. I missed every single one of their weddings or other big life events because I wasn't around and I didn't make any effort. Or I had intentionally driven them away in the last few years after being laid off from a job where I'd finally felt like I'm an adult for having this job, then I lost myself in the depths of being alone. And that seems to be getting worse for me. The more I try, the more I try to hold onto those dears to me, I have been reaching out through Facebook and I know people care about me, but I have to make effort, which I simply haven't because I'm unemployed. And I just can't. She calls this pay to play. Interesting. One of my lifelong dreams though, this is beautiful. One of my lifelong dreams is to have a beautiful home with property, surrounded by friends and hosting, get togethers. And ideally it would be with my husband who has a close, extended family. And I could feel like I could feel like I'm a part of a big family.

Speaker 1: [30:14](#)

And that way we are all very involved with our church. Oh, this is a great story. Okay. These stories, right? Jeez. Okay. Here's another one she says after a severe manic period, about four years ago, I found myself going through a divorce divorce. She says makes the healthiest people a little nutty. And yes, it did a number on me in the aftermath. I lost some very close friends and this hurt so much that I felt I needed to take inventory of what happened and how my choices and actions contributed. And I needed, I just needed to heal. I consciously decided not to jump into connecting for awhile. It was never my intention to become quite as isolated as I have become. So I'm working my way back. Being alone can be a great time for reflection and healing, a time for realigning priorities and focus too much time alone can be unhealthy.

Speaker 1: [31:26](#)

Keeping you often your thoughts and can create loss connections that are valuable for social stimulation, companionship, job references. You get it like you get the

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picture. I recognize that I've developed some fears of people and in having developed some anxieties around interactions, especially concerning large groups and outer circle friends seem to be wary of where you've been or what happened to you. And this triggers a bit of shame and embarrassment for me. I am working slowly towards being a healthier me and watching who I attract. I'm lonely, but I'm still selective about who I let into my life. I think it's a balance, but I'm absolutely convinced that there's a way out of this and that my health and mindset are key parts of that. I probably don't trust people as much as I used to. And that's not always a bad thing. Listen to this.

Speaker 1: [32:30](#)

As I build my own health backup, it includes more boundaries around my relationships and making I move forward in an authentic and very genuine way. True to what say for myself, my family and my core values. Whoa, Whoa. Right? And then there's this one and this is a friend and she shares with me, Mike, please share this with our listener. It's and it's the perfect summary that she came up with for our entire conversation today about loneliness. She says, Mike, a couple of comments about this podcast. Number one, loneliness is painful. Indeed. Number two, everyone deserves to be seen, heard, valued, and even loved. Yes. Number three. Loneliness is not the same thing as being alone. Being alone is a choice, not necessarily a bad choice. And she lists the examples of running and hiking and being outdoors. But she says, loneliness is not the same thing as being alone. So don't get it. Don't get it twisted. She also says number four, loneliness is an epidemic and causes chronic disease, depression, and other things that are detrimental to our health.

Speaker 1: [34:00](#)

Wow. And then she says, finally, number five, the solution to loneliness is having someone who can truly empathize with us. I want to thank you, my friend, you know who you are. I want to thank all of you who submitted your stories for this episode today. Um, I don't have to, uh, be labor these stories. I don't have to mind them for all the incredible truths that are sticking out. Uh, I just want to give some insights as we close up shop today, I want to share a few things. The first thing going all the way back to the beginning of that first story, where that person lost their close friend group and is now having to figure out what to do when people are so into themselves in their own groups. And, um, and finding a way back in socially is going to be so hard, but how she just needs that.

Speaker 1: [34:57](#)

Like she's she shared the fact that she's, she knows she's extroverted. Like she thrives on the energy of others. And so she

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needs that back in her life. And here's the thought I had about that. Like maybe it's just the fact that you're single, I think singleness creates problems for socializing. And for this particular predicament, like the older we get being single, just, it's more of an issue like couples, maybe this is just me, but my couples, they tend to prefer other couples and maybe they do this because of comfort. Or maybe there's an insecurity around bringing the single person into the group. Or maybe there's just co misery that happens. Like I noticed what couples talk about. Right? Like they just get to commiserate around work and family and whatever. Like, and because they're, their kids can all get together and play around and have fun and entertain themselves.

Speaker 1: [35:50](#)

It's like, you know what? You don't have cute kids. Or maybe that's just me. Like, you don't have cute kids that you can drop off and go hang out and play with like, like they don't get to play with each other is what I'm trying to say. Maybe that's just me, but it's like couples. They like having solidarity from other couples and us singles. We're just edgy and needy and maybe unstable to them. Okay. Not true. But to them, singleness is always going to mean loneliness. If you're not gifted for singlehood, believe it or not. There are people who find joy in being single. Okay. I'm not one of them, but there's people out there singleness in itself. If we're just being honest about bipolar disorder, singleness is actually an epidemic within this disease. So there's that also being unique, being a unique person, creates loneliness.

Speaker 1: [37:01](#)

I want to remind you as someone who knows one, like even Jesus was lonely and misunderstood. Okay. The guy who made the world was lonely and misunderstood get out, right? Like he was lonely, get out, but it's true. Being unique. It just creates loneliness. That's all I'm saying is it's like, think about this. Like if you're lonely, be with a guy who has been lonely, be with the guy who's lonely, that's capital G guy, then, then saddle up and go on this trip with me. And I can tell you this because of this whole connection, my life is going to change in a huge way. In the next six years. Remember my pattern, the whole six and six and six thing I got, I got another six year stretch in front of me with a brand new mission, a brand new way to lead and serve a brand new way to innovate.

Speaker 1: [38:08](#)

Okay. My life is going to go through a massive amount of change in the next six years. I'm just saying, will you join me on this trip? Do you want to saddle up? I hope you do, because here's what I get to point out. I'll be more and more lonely. I will. I

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already know it I'll be more and more lonely. The higher this thing goes, okay, the higher this platform goes, I can give away more and more of my heart, but it just leaves a hole. Like that's just how it works. Like giving my heart away. Yes. It makes me lighter to do that. But like the direct result of giving myself away, that's loneliness. I have all these holes in my heart. Like when people pour into me and it just goes right out the bottom, sometimes I'm okay with that. Okay. I'm okay with giving myself away and having this hole. And when people go to pour in, it just doesn't feel like very much. Okay. Um, but I'm okay with that. I actually like the longing. I like needing to do that all over again. Like in order to get more, I can just keep giving, right? Like that's how it works.

Speaker 1: [39:28](#)

You know, I hesitate to think about this, but I'm thinking about this. Like so many people today, so many people don't care who lives or dies. We're sucked into a cold cold system. It's an impersonal system, this society, which is why all these companies, right? Like, so I build websites right now. That's kinda my temporary job, you know, while I'm waiting for my company to take off the ground, like we have all these other companies who are out there, they're just trying to be more and more personal. And like, that's what they're, they're asking me for. Like, Mike, can you inject your artistic eye into our sales process to allow people to feel like they're connecting with us? And I just want to tell them it's flawed. Okay. You can only connect so much in an impersonal system.

Speaker 1: [40:24](#)

And as a country, we're great at making stuff like in terms of capitalism and the whole great American machine. Like we're great at making all this stuff, but we're not that great with each other. Are we sure we're good at pleasing our bosses? We're good at pleasing people who we need to be good with, but we're not good at making others feel great. Feel making others feel joyful. And I just have to say, that's not going to be me. That's not going to be me. The reason my loneliness is in a permanent heavy blanket, like not a permanent heavy thing in my life is because I exist to bring joy to others.

Speaker 1: [41:18](#)

I mean, that's work. I get worked on. That's what makes me the happiest, you know, there's this quote that I read over the weekend when I've devoured all, all of those Enneagram books and there's this quote, and it's like the quote for a workaholic for a type three, like me, it says that work is more fun than fun. Like I have more fun working than I have fun than I do having fun. It's so true. It's so true for me. Hopefully not for you, but working everything. You guys like work, doesn't cure loneliness.

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That's why I've got to exist to bring joy. That's why I've got to exist to excite and delight. I know I'm the happiest. I know I'm the most fulfilled. I know I'm the least lonely when I'm making things that people love. That's what I discovered during this whole year of massive misery. That's like that right there is why it's worth it to learn yourself like I did, right? Like I took the whole weekend to read those books. I needed clarity. I needed clarity. I needed out of this misery. It's got to go.

Speaker 1: [42:34](#) I'm the least lonely. I know this. I don't feel lonely when I'm in my element, making things that blow the lids off, right. That blow the doors down, that blow people away. Things that are useful. That that's when I'm in my element, you know, I've done this over and over and over like every day, every day I make at least something for somebody. And so sometimes like maybe, you know, maybe you can relate to this. Like I expect to give away my joy and have it returned to me just as shiny. I expect to give it all away and have it come back. Right. Well, I'm here to tell you that almost never happens. It's almost never the case. I give a lot of things away to a lot of people.

Speaker 1: [43:24](#) But what I notice is that my life is not satisfied when they return it to me. Yeah. I take note of the appreciation if there is any, but I just keep moving on. I keep making my own meaning. I keep making my own thing the way I'm designed to man, going back to my friend who submitted this story, you know, and all the pain that she felt from losing these friends. Like originally I was going to tell you that if you give your joy to someone, if you reach out and you try and you, you, you work to be included like, yes, it's so annoying that they're taking that camping trip and you know about it. And you're not invited. Like, that's, that's a recipe for craziness. But I was going to tell you originally, like, don't even bother with those people. Like the people who, you know, you want to give your joy away to these people and sharing it, like, and they don't return it. I was originally going to tell you that those people, that person, whoever they are, they're obviously not worthy.

Speaker 1: [44:32](#) And I thought that over for a few days, and I thought about the people in my life who were doing the same things to me that you're experiencing right now. Like they're doing the same exact things to me. And I'm lonely. Like I let that sit for a while of like, is this person worthy of me? And you know what? I don't think that way now. I think what, here's what I think instead. What is it about others that really satisfies me? What the heck is it? I gotta figure that out. I don't have a complete answer.

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- Speaker 1: [45:11](#) So in the time being, I'm going to stay as busy as I can without going overboard, but I'm trying to stay busy at what makes me joyful to others that I can control. But here's the thing. Busy-ness if you're prone to busy-ness, it's not a cure for loneliness, busy, busy, busy, like it just ain't the cure. I mean, can we put that on a billboard or something? I need it. I need that billboard every day. Busy-ness is not a cure for loneliness. So if you're treating your bipolar depression with busy-ness, I mean, I'm sorry, but you just can't shake the loneliness through doing that. It has to be more, it has to be so much more, you know, I've got a little bit of a story and I did test this out over the last week. Like actually I was, I was settling into this episode, you know, getting it in my mind and trying to wrap my heart around what was happening to everybody and their stories.
- Speaker 1: [46:22](#) And you know what, like, as I play a lot of music while I'm working on, you know, on the, um, agency work that I do all those websites. And I think because I was tuned into this feeling like every other song, like all the hit songs in my iTunes library, like it seems like every other one of them is about loneliness. And I didn't even hear that before. I just didn't pick up on it. Right. Like, isn't that wild. But this week I performed a little bit of a laboratory test. I was like, I'm going to try this out. I'm going to try to fix being lonely and trying to fix my gaps, like my social gaps. Okay. So I reached out that's what it did. I just reached out. I thought, okay, who could I contact? Like I got all my ducks in a row.
- Speaker 1: [47:11](#) I said, all right, these three people, I'm going to contact these three people. And they're highly likely to make time for me this week or this weekend. So I want them to make plans, you know, the, what are you guys doing? Can I come around? It'd be fun. What do you think? You know, we don't, I didn't like want to have to put a date on something like right away, but I just wanted more like touch base, you know, just get things going. Three people, highly likely people to interact with me, reached out, tried to touch base. And then one by one, I got nothing.
- Speaker 1: [47:51](#) Okay. One of them didn't even get back to me at all. So I jumped in the shower and you should see it. There's this late afternoon, sunlight that just sparkles and dances all over the walls in my bathroom. And I just, Oh, it's incredible to take a shower in that space. And so took my shower, got clean, got done. Turn off. The faucet, got out, dried myself. And I'm looking at my scruffy little mug in the mirror. And I looked at myself right in the eyes. I said, dude, let's be honest. You're going to be okay.

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- Speaker 1: [48:41](#) You're going to be okay. My friend, when it's the end of the day and all is done and you've done your best. And you've tried your way. When the sun is down in all is done, what will you say? Am I going to be okay? Here's something about me. Here's something that also came up in my reading this week. It's that all of my days, all of my days, even my loneliest, most heartbroken days, I believe this all of my days were already written in a book long before they'd ever come to be. They were already written. That's how I know I'm going to be okay. I'm gonna be okay. So what would you say?
- Speaker 2: [50:29](#) Is anyone just
- Speaker 1: [50:31](#) Confused right now? Is your head spinning? Is it, I don't know. My head is still spinning. I'm still reeling from that major decision. Um, okay. So yes, we can all agree. It's terribly upsetting to be, or to feel alone and you know, you're, you're not liking it. And I know that if your stinking friends would just call you back, come over, see you. We'd all be cool. Right? One insight. This is one thing I want to clutch onto as I'm, you know, getting ready to face, not just a new week, but almost like a new life. Like I took away. The thing I took away the most personally was that person who said, they've just learned how to make friends with themselves. Dang. Right. I was really good. I mean, they were all stunning, stunning responses, but like, that was really good.
- Speaker 1: [51:30](#) Become friends with yourself. I want to thank everybody who contributed to this show today. I want to thank everybody who commented on that post. I just want to thank you for being in this tribe and for journeying with me and for putting up with all of my craziness. I just thank you. I just thank you. Okay. Okay. So what to put next week? Oh man, this is going to be great. My buddy, Aaron, he lives in San Diego here in California. He called me up and he was like, man, we need to do an episode on addiction, man. And I was like, hell yes. Bring it on. I mean, so I'm scared to do this episode, but I'm also actually been dying for this topic, like to just try and open that door. Okay. So we're going to talk about addiction next week. He's coming up to Lake Arrowhead or maybe I'm going down to see San Diego. I mean, we haven't worked out the details yet, but one way or another, we're going to kick the door down on addictions and you'll hear the first episode in what will be a whole series on this very, very intense subject. So you don't want to miss it. And I will see you here. Same time, same place. Adios.

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Speaker 2:                    [52:48](#)                    Thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmike.lardi.com).