



EPISODE 72: THE STRUGGLE IS REAL-ER

- 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 72,
- 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. This is, wow.
- Speaker 1: [00:56](#) Am I really doing this? Is it legal to be behind the wheel of this show? I am so exhausted. I am flat out whooped. I was this afternoon. I was leaving the apartment and I saw my neighbors and they're up from Newport Beach, which is a stunning place to live. But my neighbor was like, you know what, Mike, when Monday rolls around, we just can't wait for it to be Friday again. So we can dash up to Lake Arrowhead and try and recover from all of this life being flipped upside down. So like, you know, my neighbor's feeling it and he's like, well, how are you doing? You know how stuff? And I'm like, I'm not even gonna play around with that question. My neighbor knows what I do, but I'm like, dude, I'm like, I'm just in a stupor lately. I'm not drunk or I'm not hung over or anything like that.
- Speaker 1: [01:46](#) It's just how out of touch I am with what I'm think what I feel. I, I don't even really know what I think right now. I'm just, I'm in a stupor and he's like, he's like, wow, man. That's exactly it. Like exactly things are bonkers, crazy, everywhere. Things are nuts. And it's like, okay. So, you know, here I am, here's Mike trying to do life, trying to figure things out, trying to work. I'm just, I am struggling hard, super, super hard. And I feel, I mean, I just, I know this to be true. This has happened to me plenty of times in my life, but I know, I know I'm in the hands of God. And what he's doing right now is he's like squishing me in his hand so that all spill, like I don't have all my insights come out. Right? Like it's like I was walking today around the block and I just had this phrase come into my mind.
- Speaker 1: [02:44](#) Cause I was trying to bottle up how I feel before I go on this show today. And you know, I'm like, what is it? What is it? What is it? And I just came to me these words I'm I told myself, you know what, Mike you right now, you're emotionally pregnant.

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It's like, I'm about to give birth to something amazing, but I don't even know what, so, uh, today, yes, as I was just processing, uh, I recognize that a couple of really big, big things happen this week. And these are things that kind of helped me maintain my direction as, as wobbly, as it's been, they've really helped me. And so, um, you know, even though here I am at the wheel, it's like, I'm drunk and stupid. Um, I don't even know what I'm doing sometimes, but like for the past eight months or so, pretty much since I launched the peace plan for bipolar back in October, November of last year, it's a, this is a training program for bipolar disorder and it's a whole coaching experience that these members get and, and we're in there every week.

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And so anyways, pretty much since October, I've been a roller coaster about that program, you know, I'm like way into it. And then on the far extreme, I'm like, I gotta get rid of it, like it. And then I just kind of go in between. But like since, since October, it's just crazy. Like people have been getting radical results, radical results, but it just doesn't hit me. Like it doesn't matter. And you know, people are, are raving to me about these changes that are taking place in their life. And I'm like, here I am inside thinking like, man, I'm terrible at this. I had never done this before. I'm not educated people. Here's the worst part that I think it's like, I think that people are going to discover that I'm some kind of fake. And so to top that off with the anxiety that gives me, like, I'm just, I'm basically a hot mess half the time. And so since October I've been living with a moderate amount of daily anxiety and I do get random breaks from it. But oftentimes it's just like, I'm at the mercy of it. And there's some days where I can't even, I really can't even get anything done except pray.

Speaker 1: [05:06](#)

So a couple of things happen this week, big things, um, cheese by long time. Good buddy David. He, he passes away suddenly a few months back and because of COVID and just the restrictions on formal gatherings here in California, um, they couldn't get his Memorial service going until just this past Friday in May. I'll tell you what is intense. I mean, it was intense, intense, intense he's David is an intense musician and he's got a heart of gold, but in the background, all of that, he had a hard, hard time. And that's because he, he and I both share this diagnosis. Like it's just, it's not a picnic. So going there over to that service, getting set up, helping the family, talking to mom and dad, uh, getting up to speak during the time of sharing. Like, I mean, David and I spent some pretty pivotal moments together in our friendship.

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- Speaker 1: [06:08](#) And it was just that, knowing that that was coming was overwhelming to me like this whole entire week on top of everything else. So, you know, like I was, I was pregnant emotionally pregnant. I don't, I don't know what's gonna come of it, but it's like, it's just there. My heart could not be more full, full of emotion. I mean, I'm literally in a stupor at this Memorial at this celebration of life. It's like, I'm literally, I don't even know if I'm there, but I'm hearing it. I'm seeing it. And then I'm sharing out loud and then I'm talking to all these people that I haven't seen since high school. Like I just struggled with it. Like it was just, it was, it was overwhelming. And so that was right in the mix with all my mixed up emotions about work and my business. And I was just like, man, Mike, hang on, like, hang on to every moment, just hang on and be grateful.
- Speaker 1: [07:08](#) Just be grateful that you feel this way. Like that whole phrase pops into my mind. It's, it's something I brought up on the show before, as we've entered into a really hard times. Um, and the phrase says it's better to go to the house of mourning than to the house of feasting. You ever heard that it's this, it's this ancient phrase and I'm finding out like all the time going to the house of mourning, like that's become my life and get this. The, uh, it was, this is all blur for me this weekend, but it was, it had to have been the night before that event. Yes, it was on the night before that Friday event, I had to pull why should say I offered to pull an all nighter for my work. So, so, so throw that, just throw that in the mix, right?
- Speaker 1: [08:08](#) Like you guys know what it's like to stay up all night. And so throw that like add delirium on top of stupor, like that's what I was living with at David service. It was wild. And this all nighter was just like, I mean, okay, I'm justifying it because it was a favor to my new employer. And I really, really like this employer and I want to help her out. And the whole company right now is really growing and taking off. And, um, this is, I mean, this, this is the job that makes my life possible for the first time ever since I've been back out on my own, ever since that super mega long recovery from when I had my manic psychosis. Cause that just wiped me out. I mean that rewrote everything about my life. But yeah, this, this job that I've gotten now, it's like it's fueling this whole early startup stage of the business and it pays super good. So I'm like I will risk hypomanic episode. Like I will risk hypomania tonight. I'll pull an all nighter to get this emergency job done in time for Chelsea's client meeting. But you guys, it was cracking me up all night because I was making a sales website

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- Speaker 3: [09:25](#) Or something,
- Speaker 1: [09:31](#) A product that I have never dared to touch. Um, but somehow it's everywhere that I go everywhere that I look and that product that they are selling on this website is a none event. Marijuana. Good old Mary Jane. Do you love me now? Tell me, do you, do you, yes. I made a freaking note about this. I told myself, remember Mike it's 4:00 AM and I'm making a website for marijuana growers.
- Speaker 3: [10:03](#) Come on.
- Speaker 1: [10:05](#) Funny little, little good boy. Mike here is making a website for a company whose mission in life is to make sure that people are able to grow the purest marijuana in the greatest possible quantities. And I was like, I was dying how it was four o'clock in the morning. And I was cracking up with delirium and hypomania. It was like, it just, it got me through the night and it helped me bang out that whole website. And I'll tell you what it looks fricking hot. So I was like, dang, this must be exactly what they were looking for. So, but yeah, it did turn into a hypomaniac episode right around 2:00 AM before I started getting real giddy. And then the whole next day I was crate. I mean, pardon me for bringing this up again? And again sometimes, but I mean, I was just the whole next day I was aroused like on nothing, nothing but just crisscross chemicals in my brain saying like, Hey, Hey, Hey, it's time to have sex for like the whole rest of the day, man.
- Speaker 1: [11:08](#) I mean, you guys remember? We just did that episode, right? Like just recently we had that whole thing on hyper sexuality. Like how it just, when it comes to stuff in this disorder, that's one of the things that it's like, okay, nobody wants to touch that. But yeah, that, that reality in this disease happens all the time, which may or may not be great for my future wife, but we'll cross that bridge later for now. I'm like, Holy crap, I'm going dizzy. I, and I've got to speak, like I have this burning conviction to speak at David service to let people know about his faith that kept him literally alive and caused all of that light that we knew about him, that it just was constantly streaming from his face out onto anybody that ever needed it. Like he was just a light and in a force and I was up there sharing and it just, I stood on that stage and just the afternoon glowing light was all around me was like light was everywhere. And the people were just pouring into that place. And I was like, mesmerized, just, I mean, not even really able to access this joy and the pain and loss, but the victory and that, that victory is everything. That victory is

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every thing about doing life by faith and not by sight. And it helped me stay calm and it helped me have those conversations.

Speaker 1: [12:45](#)

And I made this, I made myself a note for this show that, that, that the calm that I felt around David's family and our friends and the community, like it kicked off with this conversation that I had with our tribe on Facebook. Because on Thursday, I want to say it was Thursday. I said, you know what enough is enough? I've got to share this massive struggle that I'm going through. And so I got on the bipolar, not podcast group and I posted I'm like, Hey, what do you guys think? Like, what's your philosophy on anxiety, medications, or treatments or natural treatment? Like what just, what's your philosophy on treating anxiety? Cause I, I feel like I need to make a move and, and say something, uh, it's just been, it's been going on forever. Like since late last year I've had, I had present anxiety in my life almost every single day without fail.

Speaker 1: [13:49](#)

And man, they came back and he just came back with this stream of advices, encouragement, this straight up brilliant suggestions and even warnings like, you know, um, th this particular thing I tried and he went terrible and making suggestions on, on how to, to, you know, to talk about it with, with my doctor. And so, um, you know, I told him finally, I was like, Hey, I am going to see my psychiatrist. It's it's this, it's this thing. That's not going away from me. And people just poured out. Like you wouldn't believe the wisdom that they poured out. You wouldn't believe it. I, um, I gotta give a shout out. I absolutely have to give a shout out to all of you. Every single one of you who replied on that post. So we're talking you Lacey Mukhtar there. Kaitlin, KJ, Alex, uh, Alexander, I should say Kara and Kyle and Sierra.

Speaker 1: [14:44](#)

Wow. That was really well done. Sierra, uh, Jennifer Chase saline. Jennifer, the Jennifer knows me. Uh, Andrea always killing it. Andrea Savannah, Michael dearest, Becky Naomi. She's the health master. Jamie she's the tribe's like singular cheerleader. There's there was Chrissy. And then there was Becca with just the wow. All of you guys. It just bring the wow. It was like, dude, seriously. I have so much in my notes to take with me when I have that call with my doctor and that's going to be on Tuesday. I'm like, this was next level incredible for online support. It blew my mind. My tribe gave me the confidence that this was not a weak move on my part, like to admit the need for help to have the anxiety conversations now, weak my lifers in real life. Like they already know this is a big deal. Like I've been

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kind of, they hear from me every single week on how much anxiety I have, but now they're seeing me get help.

Speaker 1: [15:59](#)

And it's like, it's having the whole opposite effect from what I was fearing. Cause I was afraid, totally afraid that if I seek yet one more additional treatment for my mental health, that it would be like, admitting like, okay, like what I do, it would be like saying, okay, what I teach others how to do this disease? How to, how to live with, with this predicament. Like, it's not enough. It's just not enough. And this thinking was growing worse and worse and worse. And I was like, you know what? I need to quit the P the peace plan. I need to quit it and like tell the members good luck. Like, I sincerely hope you can find a better leader in someone else. And I'm like, if I can't maintain my mental health, well, who the hell am I to take people's money for a plan that can barely even cope with the, um, the new realities of the world?

Speaker 1: [17:00](#)

Like who would even believe me as my mental health tanks, it was terrible. And this was on my mind almost constantly, constantly since the lockdown. And it was stifling. And even crippling to me like my creativity to advance the program was just evaporating. And here I was, I was ready to scrap it. I was ready to call it quits. And then I got a call from Chelsea and Chelsea is the one who owns the agency that employs me. She knows me. She's known me for a long time. She knows that I struggle right now. I struggle in a very big way to learn her industry and to, uh, grow with the team as it shifts and moves and that all that growth in this area of my life. It just costs me a lot of mental health, uh, every week. But, you know, Chelsea called me, she, she asked me for that big favor of, of that quick turnaround on that website concept, you know, the, the overnighter. And somehow we got on the topic. She must have asked me how I was doing. And I was like, uh, I'm not good. And like, and like, it was like the instant. She found that out that I was having this identity crisis with coaching for bipolar. And I told her, I was like, I feel like a fake, I feel like a shyster.

Speaker 1: [18:38](#)

And she fires back. She goes like, I will not put up with you talking about yourself that way. And Chelsea proceeded to give me like an over the foam pistol whipping as only a high powered female can do. And you know what? She was freaking right. I've got nothing but innovation. I've got nothing, but creativity and results. On my side, when it comes to the peace plan, she told me I don't need someone's stamp of approval in order to be transformative in my coaching style. And I don't need fancy accolade. I don't need certifications. She says, Mike, people just

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want to be loved. And you of all people know exactly how to do that.

Speaker 1: [19:36](#)

And those were the words. They did it for me right there on the spot. I felt it it's right there in that moment. I got my confidence back. And for one very powerful moment, I reconnected to why I started this whole thing. And that has been with me all weekend. And yeah, I'm still caught up in a stupor, but Chelsea's words. They literally anchored me back to reality, even though I don't feel it, even though I can't feel it in my personal life, I've been pouring out my heart to friends, family. I'm not trying to be like, overly like, Oh my gosh, you know about it. Like, but I just can't help it. Like, there's some seriously way crazy times that I'm living in. And I feel it every day. I just do like that beyond work beyond the program, I feel this movement, a cultural movement that you and I are a part of inside of mental health and how to survive in the face of social claps and disasters, and how to have, how to access these moments of beauty, where you are absolutely thriving. Like, have you ever seen plants grow when they grow up in the cracks between the pavement? Like, have you ever felt that way? Like you have all these external pressures, but God, dang it. Look at you. You are thriving. If even only for a moment, you know, I'm like way not even shy about my faith in Jesus.

Speaker 1: [21:47](#)

I, I have to hold myself back from talking about him. Like constantly. It's just me. I don't know how it makes people feel. Uh, maybe it doesn't matter, but I've been driven just compelled. I have nowhere else to go, but my knees and I've done that more often, these last few months than pretty much any other time I know, than any other time in my other, in my whole entire life just getting on my knees. But when that happens, I have no feelings. My ears, my ears are literally full of rocks that I have to constantly chisel out in order to hear from God I've been on my knees, trying to cry it out. Like it would just be so healthy if I could cry. I'm just trying and trying for months, like sobbing, dry tears sobbing, but there's no moisture, like no feelings just there on my knees. Just praying, crying out, knowing that somehow I'm somewhere in heaven. I'm heard.

Speaker 1: [23:13](#)

I mean, I know I haven't been able to cry since like last year, like right, this whole time of anxiety has like shut up the rain clouds for my eyes. Like, it's just, it's unusual for me. It's just really unusual. I'm a crier. Um, it's not something I'm proud of as a man, but it's just too. I am like, life is just too full of those kinds of moments for me. So I, but I'll tell you what, yesterday I cried. I

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had an absolutely ugly cry right in front of the throne of God. And it felt like release.

- Speaker 1: [24:03](#) It felt like a part of me returned to life. You know, talking with the tribe this week, getting that instant appointment. As soon as I texted my doctor, like talking with Chelsea, going to David's celebration, um, there I was on my knees. Not expecting anything different, expecting dry, heavy tears, but in that moment, I just sobbed and sobbed and sobbed some Maura. It was, I couldn't hold it in eight months with no rain in my eyes that all came to an end eight months. My struggle's not over, uh, my story. Uh, it continues I'm, I'm not, I know after this week, I mean, I know I'm not doomed to a life of anxiety. I know my story is not doomed to me thinking that I'll just never have what it takes to lead this movement. I just, it's going to, I mean, the struggle is definitely not over cause there's an insane, huge amount of work that needs to be done. And I, I just, I cannot do it alone. You know what? I will not do it alone. Like that, that, that was me before and now I'm refusing. I'm like before I used to have to do everything myself or it just wouldn't be good enough, but now we're not even going back there, like there's a train and we're not holding it up. We're here to take a ride.
- Speaker 1: [26:07](#) The things you and I are going to do from now on you watch, they're going to prove that this change, that we're seeking, it's inevitable, the whole mental health care system, like in its current form, it will literally pass away because something better is here. It just will. I mean, it, can't not. So, um, yeah, I had an ugly cry. This is an ugly episode. I don't really know what I'm thinking right now. Um, no big takeaways for this week. If you are like me, you're stuck in the middle of a stupor, like a sober stupor or maybe a, I mean maybe an under the influence stupor. I don't know if you're stuck in that place. I think you owe it to yourself to put that in a conversation or two or more. You find that most people right now are a lot, like my neighbor, like they're not talking about it, but they feel it too. And it helps when you just come out and say it, you don't gotta hide behind false positivity. You guys like we don't have to dance around our doctor's appointments and you know, like try and figure out how we can say anything again, to get out of there as fast as, as possible. Like my friend Andrea helped me this week. She says, Mike, that is a recipe for failure that you have no right to follow. So like talk to your doctor advocate for yourself. Like do whatever you can. These are wild, wild days.
- Speaker 1: [27:58](#) Do anything you can to stay in these conversations. Like find that person of peace, who will let you share, find your lifers, talk

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to them. Um, maybe you're like me. You think you're annoying. You are not annoying. Your lifers want you to talk. You're not being overly dramatic. You have every right to advocate for yourself. That's just talking it out is just part of how you do it. Making your needs known is just part of how you do it. That's how you put together a plan. And then that's, that's where in a, in a plan, even if you don't know exactly how it's going to come together, like there's confidence in having it, like maybe that confidence has been missing for a long, long, long, long time. Like me. I mean, I have confidence just based on what I've gone through this week. I have every confidence that you will emerge from these days, knowing better, better, how you are put together and how it is that you're going to respond because the world, the world is the world is pulling out every single stop to try and break you down.

- Speaker 1: [29:26](#) But I'm saying we're the ones who overcome you. And I we're the ones who get things done. And our support teams are like, astonished, like astonished at how we function in spite of it all, we've got to keep going. I'm here to keep going. I'd love to keep you going, but I'm here to keep going because I have need of endurance. And as I go, you can bet I'm going to keep this up. I'm going to keep telling you everything that I find, every component of endurance, you can bet I'm going to spotlight it and share it with you. So yeah. Struggle, struggle. Digs the well for character and character is what you draw out of it, which just saying characters needed more than ever. So don't rush to get out of your situation. Just don't push it. You won't die. And after a good, long struggle has its perfect work. Then take a tip from the tribe and get help and get help.
- Speaker 2: [31:14](#) Holy cow, Batman.
- Speaker 1: [31:17](#) Holy freaking cow. Well, I guess, I guess today's episode, uh, could have been way worse. I know. I, I don't even know what I'm thinking half the time anymore, but okay. Let's just let this one be. Let's let it be what it is and let's look ahead to next week. Real quick. Next up on episode 73, we will take another stab at self sabotage. I've taken extensive notes on the process. The whole thing where I was having that transformational talk with Chelsea, um, cause it did, it helped me instantly get out of my own way instantly and, and now I just have to hold to it, which is the tricky part. So I'll share all about it. You do not want to miss it and I will see you here. Same time, same place. Adios.
- Speaker 2: [32:21](#) Thanks for listening to The Bipolar Now Podcast at [www Mike Lardi dot com](http://www.MikeLardi.com).

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