



EPISODE 81: FROM FUNCTIONAL TO PHENOMENAL

- 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 81. REPRESENT!!
- Speaker 2: [00:42](#) 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: [00:58](#) Oh, this is a special episode in 81. I was a newborn babe in my mother's arms, aww, 81 81. You know what I'm like, what the sociologists would consider the, maybe the first year. I can't remember. I think I'm the first year 81, 1981. Is it the first year of the dreaded millennial generation? And part of what defines us is that we are digital natives. We grew up with the internet as part of our daily experience. That was a first. So that's the millennials. That's your generation, Mike. Anyways, what's up it's episode 81. Y'all and if you're new to this podcast, I just want to say a warm welcome and stick around. If you like, what you hear, this is the place where I give myself permission to be a better me. And I invite you to do the same exact thing. And we're going to go to work on this thing.
- Speaker 1: [01:56](#) We called life. We're going to do it together. We're not going to do it in isolation. You teach me things you really do when you leave me these comments and all those messages and emails. And so, yes, I love it. I treasure it all. You definitely teach me things and I'm going to work very hard in order to become useful to you, hopefully as well. So this podcast is all about me going to work on me. And then it's you going to work on you? And that's how together we're going to achieve new levels of mental health. As we dare to brave this world with our bipolar disorder in, uh, in tow. So it is work. It is definitely work, but that's where the joy comes in. There's joy in the process. And so, yeah, in case you've been looking around, um, there is no magic formula out there, none that I can find, uh, nothing that exists, uh, for winning, when it comes to having a bipolar disorder.
- Speaker 1: [02:54](#) So there's, there's going to be no such thing as a done for you solution to mental, you know, it's, it's this done for you solution,

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if it's so exists, like it's not for sale, I can't find it like all the money in the world, uh, that you could possibly throw at this disease. Like it just won't do you? No. Good. If you followed, though, if you have followed along on my big Epic journey for any bit of time, now, then you're going to know that I have to get on, uh, just get, get on and get by with not a whole lot. Like I literally max out all of my available resources, um, and it works. It works like gangbusters. So if I hope that's good news to you, if you're not able to throw money at your bipolar disorder. So today's topic is yet another one that requires zero money, \$0, um, in order for you to find success, and we're going to talk about what it means to be functional today. I'm going to put in there some very basic things that I've been doing to get to, uh, just, you know, get myself to a better place. And I'm excited to dive in. So here we go.

Speaker 1:

[04:14](#)

At times they are a change in and so are the seasons while at least here in our Northern hemisphere, they, they already did, which is something that I didn't actually know because I was so crazy busy, but fall is officially here. I didn't know that which in Southern California doesn't really matter a whole lot. Cause it goes from being crazy psycho hot to just being kind of hot. And then of course we get coming up soon here we get these seasonal Santa Ana, they're called the Santa Ana's. It's a wind pattern where it's dry and hot and miserable. And at any minute a catastrophic fire could potentially break out. So I don't particularly care for the fall season changed, but, uh, here in the high mountains where I'm at, you at least get the color change and the trees put on a show and it's beautiful and it gets, uh, crisp and Chile.

Speaker 1:

[05:07](#)

And, uh, you definitely notice being in a climate where there are four seasons. So that's up here in the mountains, but I'm not here to tell you about the weather. I'm here to say that when it comes to being functional, which is our whole topic today, um, when it comes to that I've learned a secret or two about not falling victim to the seasons. And with this season typically comes a hypomania, which is an, an elevated and um, for me, very stressful mood episode within bipolar disorder. Um, and for me, because I'm a bipolar one, a hypomania signals like the door is opening to a actual full-blown and more severe and debilitating mania. So I'm not, it's fun at first. And then of course that fun fades quickly. So I'm, I'm always like on high alert in this season. Um, I want to remain functional and it's just, um, you know, this is the time of year where it's a defining factor.

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- Speaker 1: [06:11](#) Like maybe it's the stress of change. Maybe it's the stress of having to brace yourself for the winter months, you know, these cold, brutal months that are coming up. Um, I don't know what triggers it for you, but for me, I think, I think it really, it comes down to like, I'm angsty about losing the daylight. I think that's right, really what it comes down to for me, like I associate spring and summer months with productivity. And then of course I associate productivity with mental health and all of that. And it's like, because I, you know, I love having all the extra daylight in the warm months. My brain, it must get flipped in some way at this new reality that, I mean, it happens every year it's going to come, um, that all that lovely, warm light is, you know, somewhat permanently going to be like replaced with dark and damp and cold all the time.
- Speaker 1: [07:05](#) So there's that, but back to my little secret, I did notice, so a few years back, I, I can, um, point to a few years back, maybe three or four years ago where I just kind of kept my momentum going out of the summertime months. I just kept, kept the same basic pace going. And then I adjusted like the type of work that I was doing. It just, it naturally happened that way. And now that I recognize how much it works for me, I'm duplicating that. But it's like, you know, I keep my head down on my job as I head into the fall and then going into the winter, of course, like I keep my head down with projects. I keep my head down on business goals, which, you know, for you might look a little different, like winter is not the time of year that people are like, if you're looking for work, that's, this is not the type of the time of year that people are typically hiring.
- Speaker 1: [07:54](#) So that's why, you know, we've talked on previous shows like during the down times, like when it's just not seasonally, correct. Um, you might find a better use of your time. You might keep your head down. Um, like I do just focusing on gaining some skills, Kao, I'm all about like leveraging open time to improving myself in some way. And that wasn't always my mindset. So don't get down on yourself if you don't feel that way right now. But eventually like if you can get to a place where you're going to wind up with some downtime, like sharpen yourself, it's good. It's healthy. Like resharpened skills that have maybe gone dormant. And that way you can mentally prepare yourself. I mean, this is 80% of the battle of finding a job is the mental battle. But like you can prepare yourself so that when you head into the new year and you can grab those interviews and in pound the pavement, like this is a really good strategy.

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- Speaker 1: [08:47](#) So, and you know, for me, it didn't quite work out that way. So I'm just saying like, don't nothing is typical, right? Like I got hired to get this. I got hired right at the beginning of the shutdown. Like they hired me. They didn't even interview me because I already knew the note, the owner, but like they hired me right at the get go of the shutdown I had worked for the first five weeks. And then as the shutdown lingered, you know, they were like, Mike, you need to do some of your magical prayers and pray and pray that we have clients. Um, cause we don't have any after, you know, after next week. And so, you know, that was just, that was just an interesting twist on me finding a job at the time of year where it was just like, wow, in the middle of an economic shutdown, I got hired. I'm just saying, don't dismiss any of your contacts. Like you might get in touch once again with somebody that you knew from way back and they might put you in touch with a job and it's a remote job and you can work from home and not have that stress of having to fight traffic or whatever else you got to do to get to town or wherever you got to work. Like I'm just saying don't dismiss the fact that something could come your way from someplace unexpected. Anyways, anyways, that's not the point here.
- Speaker 3: [10:00](#) The point
- Speaker 1: [10:01](#) Is that I discovered, so this is my secret. I just have to keep the momentum going through the fall and I adjust the speed and I adjust the main activities, but I match. And this is what I've learned is some wisdom here. I matched the seasonal change of everything winding down and like the buzz of summer slowing down. Um, that's when I get more introspective in my work, like I spend more time in the fall, you know, starting to gear up for a time of like, okay, I'm going to start thinking about what I did this year as a way to anticipate what I need to do next year. Um, but overall I'm just telling myself, like, if I could boil my mentality down to one thing, it's just, I can't be stopped. I can not be stopped by a season, which might sound hypomanic to the judgy crowd, but they're out there, but it's not, it's not that I won't stop for anything.
- Speaker 1: [11:05](#) It's more like I just adjust my tempo and I relax my approach, but it's still a steady, like there's still momentum in my approach. So, like I said, last week, this shocked me. When I looked back into my journal and saw that I had planned these 10 different goals for 2020, and I actually hit 50% of them already. And I, and I like lost track of that because I was just like in survival mode, but 50%, 50%, that's pretty good. And, and here I

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am, like, I am not by my by way of momentum. I am not inferring that I'm wanting to put more stress and pressure on myself to go ahead and NAB those other five goals in these next couple of months here. Like that's not it at, I'm simply giving myself permission to achieve the ones that are gonna make me the most excited.

Speaker 1: [12:01](#)

That's all that is all like, I can't be stopped by a season. Like I cannot be stopped. You guys. That's just me and having these seasonal adjustments. That's my secret. I have these seasonal loops where I go from warm to cool and back again. And these, these loops like pee in an infinity loop, right? You ever driven a drawn and an infinity loop where it just one, it's one continuous line, but it goes in a loop over and over and over. I'm just going from warm to cool in how I'm productive. And this is so healthy. Like right now I'm winding down by like these mega work sessions on my business. Like I've been working on and in my business relentlessly since April. And, um, and, and, and this is like, you gotta know, this is something that I'm looking to transition to, right? Like when you do something innovative, when you break the mold, when you dare to go out and be audacious and like assert that this new business must exist for the good of the people, like when you go out and do something like that, it doesn't generate enough revenue.

Speaker 1: [13:14](#)

Typically doesn't generate enough revenue to be, uh, you know, like, uh, like something that you can live off of immediately. It just, it, it takes a years time focus, effort, feedback, like just continuous improvement, continuous trying to meet the market. Like that's where I'm at. You guys heard me talk about that last episode. I'm winding down from these mega sessions and I'm looking to, you know, I'm just, I'm looking longterm. All right, okay. This business is my longterm income. This business is my longterm plan, but I got to wind it down seasonally. I just gotta wind it down. Like for my own self preservation, which matters more than the business succeeding. My self preservation matters more than that. I'm for that sake, I'm winding down. So I'm going into an a, at an adjusted period of my work. And I'm going to start focusing on what happened as I went through that whole process, working both on my business and in my business.

Speaker 1: [14:13](#)

And I'm going to be more reflective, you know, coming into the winter months like this is, I label this in any valuation period on the little infinity loop that goes from season to season it's it's, it's evaluating that's, that's the key characteristic. That's the key

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focus. That's the emphasis of this period between now and the new year. And it's just me. This, this is just, I mean, and you can do this for yourself. Like you don't have to be starting a business. Like you can just look at whatever it was that you set out to do this year. You said was the most important thing to accomplish or to change, or what have you like, what, whatever it is that matters to you, like, look it, document it, come back to it. Like, keep it top of mind. What was that thing for you in 2020?

Speaker 1: [14:57](#)

And all you're doing is like me. You're just asking the right questions about, well, what happened? How did I conduct myself in my case? How did I transact business? I'm evaluating, I'm evaluating. I'm looking at what? Like, okay, so ask what needs to adjust in my business life. I'm evaluating what went different than I expected. What went different from the original design. Okay. I went into this thing with a plan and a design and things went different. Some, some areas went really well and a lot better than I could have ever dreamed of. And then other parts were completely unexpected. So I got to write down all of these things. I'm like, I'm just evaluating what, what here is worth keeping and what do I need to cut off? What do I need to get rid of at all costs? Like, you know, that you are cut out to be an entrepreneur when the thought of cutting something out when it's underperforming.

Speaker 1: [15:55](#)

Like that just makes you so happy. You know, you know, you're cut out for this crazy life of being an entrepreneur. So anyways, yes, I evaluate the heck out of myself and that's what informs each. And every goal that I said come January. So do you see how that works? Like, okay, so come January. I'm not just making up random goals and hoping they stick. I'm actually using information and evaluation to guide me through the course of next year. Like next year is oriented exciting thing to me. I like this this year he has, of course COVID-19 was totally a factor. It, it like factored in my ability to be able to follow through on my goals, but it didn't steal my joy cause I adjusted. And that's what I'm going to evaluate was how did that adjustment go? And I'm going to look at that along with everything else. And that's my fall season.

Speaker 1: [16:52](#)

I'm not going to be stopped. Tell yourself you can say it out loud. I'm not going to be stopped. I'm not going to stop. I'm simply going to adjust. I'm simply going to relax into this season so that I don't get sick on top of having to protect myself from, from whatever. I mean Cove. It's still out there. It's going to be out there for a long time. Like you can totally copy me here. I'm

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simply moving myself in a predictable and seasonal loop. I go from goal, excuse me, goal setting in the winter to go doing in the, in the warmer months in, in the, in the daylight months. And I give myself grace, I let myself feel the seasonal tugs on my mood. You know, I'm not chipper and glee a hundred percent of the time, not at all. So, so what are we actually talking about today?

Speaker 1: [17:59](#)

I am such a rambler sometimes. Thank you for finding even a shred of meaning in all of this talk, talk, talk, talk, talk. So Mike's just talk, talk, talk, talk, talk. Oh, yes. Okay. So does so functional, dysfunctional this whole notion. Okay. What, what the heck's going on with? Okay. What are we talking about Mike? Like what's what do you mean by being functional when you're living with a bipolar disorder? So I heard this word last week. I heard this word getting thrown around inside the bipolar now podcast group. And it's super intrigued me. I mean, if you understand this word at its core, like functional is the Holy grail of all mental illness, like is it not don't don't we just all wish we could be as functional as our friends and family. I mean, don't, we, I am shocked, shocked at how many of my friends think that I am the hardest working most consistent working person.

Speaker 1: [19:03](#)

They know that shocks me. And here's why if they only followed me around, they'd see that in most of 2020, I spent at least half of my day panicking about what I had to do for work that day. That that's really something, isn't it? I mean, that sounds real functional, doesn't it? No, no, it does not. So when I saw all these responses in the group, when I was like checking all of these answers and questions and sharing, coming in on this one particular post, I was like, everyone here is basically saying that if there's one thing they could achieve in their mental health, it would be some version of themselves. That's functional. I mean, really think about that. If I could have anything else in the world, I would choose to be functional. Think about that. That totally blows the stigmas of this disease right out the door.

Speaker 1: [20:08](#)

People like us. We don't want to be impaired and neglecting ourselves and failing to show up or are failing to come to work or having that, having one more problem in my marriage or with, I mean, whatever, like no, if it were up to us, we would choose to be functional. We want this more than anything. Anything, you know, as, as part of me turning the corner here with the seasons, I got a big task to deal with. I've got to reverse all the bad habits I picked up over the summer from me being so dysfunctional and my work. I mean, that led to a ton of

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problems in my, just my whole rest of my life is connected to this. Like, you know what I'm saying? Like, it's not just an isolation that I had a work dysfunction. It connected to all parts of my life, all parts of my life.

Speaker 1: [21:05](#) So let me just share, let me share with you. I'm going to open up, um, I'm going to, I'm just going to be real about this. Like I'm, I'm in the middle of coaching myself out of this since I barely have money right now, like I'm coaching myself out of this set of poor conditions that I find myself in. Like I barely have money for groceries. I barely have money for rent. I barely have money for the bills that I've racked up on my car being in and out of the shop five times in this last month. Like I'm sharing this because I'm sure that many of you don't exactly have the funds to go see a professional about this, but like, I'm scrappy. This is where I'm at. So here's where I'm at. Like I don't run and this is just, this is my, my emo.

Speaker 1: [21:55](#) I do not run. When I get in P predicament like this, I don't run a coverup story on all this stuff. Like I don't keep this stuff away from my lifers. I don't blah, blah, blah, to anybody who will listen. I'm talking to my lifers, Kate. They get me on a deep level. They've seen the trajectory of my life. They've seen the seriousness of the seriousness of bipolar disorder, but like, they don't want to hear some BS story and they can sniff it. It's amazing when I'm trying to cover something up with like endless positivity, they sniff the BS. It's like, I'm not just magically. Okay. Right now things are volatile and they don't hear me like, you know, spouting off self love and self care. And like, I don't, I don't distract them with like those parts of my story. They, they hear the raw story, the raw data.

Speaker 1: [22:48](#) And that's what I'm about to give you. So here it is. So because of all this, I went and I whipped out my journal. My specific journal for this kind of work is my challenge journal, which if you went through the peace plan for bipolar, I exposed you to this practice, which is just telling you guys it's dynamite for quick problem solving it's dynamite. Anyways, my challenge journal. Here's what it is. I started a new note, flipped over a new page, got my pins out. I started jotting down all of the problem accounts in my life, everything that was going on with them. And I uncovered six different problem areas. So, um, I'm looking at it right here. Here they are in no particular order. These are my persisting issues and my bad habits that have accumulated since the day I went into survival mode, which I'm just guessing

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was somewhere around may looking at the dates on some of my entries here.

- Speaker 1: [23:46](#) So, so I made it, I made a new note. And so the first thing I noticed, and I wanted to make note of these, just these core problem areas that are affecting me in just becoming a disaster for me every day. So first one, my mornings, my mornings are hard to start. My mornings are a legitimate disaster and this is not good. This has been going on for quite a long time. My, my mornings just, they're super hard to get going. It's like yuck. It's like, I feel this all day long. I feel the effect of a poorly executed morning plan. And I will continue to be punished for this if I don't design an intervention. Okay. That's one, two. I drive around town and I stop at liquor stores and buy energy drinks as an escape from reality. I drive around town and buy energy drinks.
- Speaker 1: [24:48](#) This one drives me nuts. I say like, it's me telling myself, I have to get hyped up in order to go to work today, which is just me working from home, which is a problem because you can lose your discipline very quickly. But in this case, it's just a poor coping mechanism and, and not to mention. So I document every penny that I earn and spend and where it all goes. And, um, last month, the month of September, I spent \$126 extra. Like I don't have that money in my budget. I spent \$126 on energy drinks. And I'm estimating, I spent an extra \$75 in gas just driving around. Cause I'm too worried to go back home and start to, you know, start work.
- Speaker 1: [25:41](#) This is, this, this actually works against my work anxiety, right? Like it's, it's not helping me in any way whatsoever. Why do I keep choosing it? Yeah, my new job it's um, it's not so it's crazy stressful, but it's not always crazy stressful, but it's just like, it's enough crazy stressful that it's like, I don't want to deal with it. And it it's like I push it to the side every day until finally it's so late in the day that I have to get to work. And this is something that, again, like, just like the first one it's going to punish me, this will punish me more and more if I do not design an intervention. Okay. So let's just two things. We've got to speed this up a little bit. Nobody's here to listen to my problems. Um, okay. So number three, my exercise has been spotty and this is literally depressing.
- Speaker 1: [26:36](#) I have plenty of time in my day to go work out and it just gets sucked up into stupid things like driving my car around and around while I sip on that precious energy drink, like I will

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definitely pay a penalty for this for, for missing out on my exercise. I will pay a penalty. See if I don't just dig deep and design some kind of intervention for this. All right. And number four, number four is, and this is all in my challenge journal. So I'm just like, I'm noting all of these things that I need to take action on and design interventions for. But number four is me having work [inaudible]. So we talked about this, like the job is crazy, stressful, not all the time, but to make, just to give me anxiety. So yes, this has been, this has been a thing for me actually, if I look back maybe, so like maybe you might look back over your work history and your, your, your career and you might find that work anxiety pops up pretty often.

Speaker 1: [27:36](#)

I mean, for me, it pops up in the first, usually in the first three to six months, I've just got anxieties over, not being good at the job. Um, but you know, eventually I go through an adjustment period and I get proficient at what I do, but that whole break in period is hard. And this new job, uh, has no ceiling. I can literally get as good and professional at this as I want. Uh, and there really is no cap to my growth. And so that's kind of hard because I have nothing to write best on as I climb, you know, like as I climb the ladder, I have nothing to rest on. So that's why I've got to design some kind of intervention here. Like I got to design something that makes that stressful job transform into something that's fun. And then set my expectations for how high I want to go.

Speaker 1: [28:24](#)

I'm on the team. So I've documented several ideas for this. Um, that's just part of the coaching exercise that I teach in the peace plan, but you can coach yourself. Like you can literally use your own intelligence and your own scrappiness and bounce, all of this stuff that you come up with, like bounce it off your lifers. That, I mean, that's one of their most ingenious uses. And I'm just saying you don't need deep [inaudible] for a life coach, just DIY this whole thing, like DIY and get some good counsel from your lifers. So, so that was number four, number five problem. And this is a problem that needs to be addressed, but it is me not prioritizing my business. And this is massive. Like this leads to gigantic problems for me. And so, again, not going to get into it here, but I've designed a, a brief intervention that I hope will be effective because it's, it's not going to take a whole lot to kick me back into gear for this like this.

Speaker 1: [29:22](#)

I want this vote. I mean, not alone. They're not a high barrier between me and me prioritizing my business. So I just need to work on this intervention. And, um, and I got to keep working

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on this stuff. Like it's just too important. It cannot get knocked off the wagon. Like I have to keep going. So that's number five, then number six, number six. Oh, number six. Oh, you drive me crazy. Number six is all about food. More specifically, like how I'm using food to cope with all this anxiety and distress. And I'm just here to tell you, I will not tolerate this anymore. I need to tell myself I will not tolerate this anymore. So when it comes to food, I am literally becoming my own inter attention. Okay. Dang, six massive problems and six massive actions to take, right? This is that giant leap that I was telling you about last week.

Speaker 1: [30:29](#)

You can see what I'm saying, right? You know, there's just no baby steps when you're heading yourself like trying to get back into the right direction. There is just, no, there's just no like micro turns here. It's a giant freaking leap. It's a one 80, that's a dramatic move. You're spinning yourself one 80 and you're taking a giant fricking leap to head right into these things. And they're not easy. They're not easy. Now. I'm not saying that you should always DIY everything in your mental health. Definitely not, but this is just my scrappy style because right now money is just, it's always insanely tight. I always have enough. It's always provided for, I thank God for that. But my scrappy style just comes from like, money is not, money is not available, right? So it's like every little bit is precious, but check it out.

Speaker 1: [31:24](#)

One of my newest goals, definitely a goal in the new year. Maybe I could pull this off this year if, if I can get this work anxiety under control, um, and get some money saved up. But I want to go and meet a person that my psychiatrist highly recommends. And she's a board certified nurse practitioner. And her name is Melissa Frost. She's local here in Southern California. And I want you to check her out as just maybe an example of the type of professional that you could put on your team like that could help you supplement, or maybe even replace your current treatment with something that is known. And I've barely discussed this on the show, cause I'm barely exploring this, but it's a very fascinating to me. It's called integrative. And there's also a functional component to it as well, integrative and functional medicine. It's a integrative and functional approach, you know, um, do a search on that.

Speaker 1: [32:25](#)

If you have time and the inclination to check this kind of stuff out, it's more realistic. It evaluates you as an entire person and not just to set up symptoms, but anyways, um, this whole approach, like Melissa's approach, it's being billed as the future

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of medicine. So I'm just saying you might wanna check it out, like right on her website. She States her belief that optimum mental health. I'm just quoting this from her website. Optimum mental health is both possible and achievable. And this is in the context of her specializing in the treatment of ADHD, anxiety, bipolar disorder, obsessive compulsive disorder, and major depression. So this is an out of network type of thing for my insurance, but this is totally a goal for me. Like I'm setting this goal for 2020, 2021. That's kind of a mouthful, huh? I'm setting this goal for 2021, if not sooner.

Speaker 1: [33:21](#)

And I know this is, I know this is the right thing to pursue because my psychiatrist who is pretty much a big deal, um, he wouldn't recommend anyone less than amazing as far as mental health workers. So check her out as a type of a person that you could put on your team. That's a frost like the winter frost, mental health.com and just, just glance at it. See if it rings any bells for you. It's definitely lighting me up because I'm here to level up. Like I'm, I'm not playing games with this disease. I'm going to level up in any way possible. And so I'm encouraging you here just saying like, you must, I know you already know this, but I gotta, like, I gotta drill on this one. Like, you must value your optimum health. If you're going to get what you want in life, which is functionality. Because honestly, like what good is your treatment? If you can barely function, I'll tell you what good it is. It's not doing you any favors. That's for sure. You have to, you have to, and I'll end with this. You got to define what functional means for you.

Speaker 1: [34:43](#)

You have to define what it means to be a functional person, living with a real life brain disorder. You've got to come up with a clear picture. You've got to come up with what it, a clear feeling for what it feels like for you to consider yourself functional. And I'll just tell you, I've been figuring this out for a long time. And for me to be functional means that I am directionally right in the way that I'm going. I'm being directionally, correct. That's kind of a mouthful, but I just, that's how I feel about functionality for me, I'm heading in the right direction. I might not be enjoying it a hundred percent of the time, but I know I'm going in the right direction. And this makes me feel functional at the end of a long, long day. Right? I spent long day suffering from worry, worrying about my morning, worrying about my work, worrying about my weight gain, like worrying about money and so on and so on and so on. Right? Like I'm not enjoying it a hundred percent of the time, but those are things that can be managed and steered in the right direction. So I don't think it's all over

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and you can never recover. I'm never ever a fan of you saying it's over. No, what you want. Don't compromise. You're going to get there, stay in motion, stop running. That cover-up story. Okay. That's the huge leap.

Speaker 1: [36:22](#) There's nothing like saying, you know what? I hate what I've become, but that doesn't matter because I'm not settling for that. I'm not settling for my dysfunctional habits period. And you know, what's so crazy about that mindset. What's crazy is that you suddenly have the power. You suddenly have the power to go from dysfunctional to functional. And then when that happens, when, when you go from dysfunctional to functional something incredible happens just because of living with this disease. So incredibly difficult and painful. When you move out of dysfunction, you take that giant leap. You stop running that cover story and you say, I'm not settling for my dysfunctional habits. Like you turning, doing your one 80 becoming functional. That only means that you'll be phenomenal, phenomenal, phenomenal. So stop running your cover story.

Speaker 1: [37:52](#) Be honest, be brave. And you'll be phenomenal, man. Oh man, nothing gets me fired up like being dysfunctional. Can you tell, I've been trying to weed this out of my life since forever, but it's obviously a worthy effort because I'm getting deeper and deeper into it. And I am stoked on that. And I want you to be stoked on that too. I really do so. Okay. What is up with next week show next week, next week, I'm going to roll the dice. I'm going to try a second take on a really sore subject, but that is the subject of this wearing, wearing your mask to cover up how you really are when you have a condition like bipolar disorder, where you are, how do I put this? Like you're penalized by society and the system for being well or appearing to be well when in fact you really need to be supported, but you have to wear a mask. So, okay. Yes, this is straight up agonizing, but I'm going to do my best to cover this next week. Cover ups masks. We're going to deal all. We're going to, we're gonna, we're going to try and deal with this on episode 82. This is the practical episode after today's show because you just heard me preach against cover-up stories. So I don't want you to miss it and I will see you here. Same time, same place. Adios.

Speaker 2: [39:54](#) Thanks for listening to The Bipolar Now Podcast at www.mikelardi.com