

RESILIENCE: YOU ARE MORE

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An adjective meaning to be “able to recoil or spring back into shape after bending, stretching, or being compressed.” A term meant to be one of the highest compliments. Whether it be coming from a friend, partner, colleague, or your therapist.

We give one another the equivalent of the gold star we got in grade school, “You are so resilient for overcoming that struggle.”



We have been raised in a society that glorifies grit and rising to the occasion. A world that often chooses to overlook the pain and suffering and instead focus on the overcoming. Everyone loves a good comeback story. They're often the top-grossing movies or #1 Bestsellers. Focusing on the overcoming or resilience is comfortable but it is merely a small piece of the story and comes with a cost.

We must recognize resilience as a by-product of surviving poor situations. A survival mechanism that creates emotional calluses. These calluses form over our emotional capacity and create a barrier to true identity and authenticity. This survival mechanism that was a strength in the moment and served its purpose can become a weakness. It can create a barrier from allowing yourself to soften after being so tough for so long.

*Sit with that for a moment.
Allow it to be uncomfortable.*

The truth is.. I'm grateful that you were resilient and made it too today. And I want to be there for the you that is behind all of that bending and stretching and toughness. I want to be there for the you that is exhausted from being so resilient for so long. I want to know who you truly are beneath those calluses - when you choose to begin the scary and beautiful journey of finding out.

