

# Therapist's Journey of Losing It and Finding It: A Transformative Experience of Personal Growth and Insight

As a therapist, I dedicated my life to supporting others through their challenges. I listened to their stories, offered guidance, and provided a safe space for them to process their emotions. But deep down, I was struggling with my own unspoken pain. The weight of their stories, the constant need to be present and supportive, and the emotional toll of my profession had taken a toll on me.



## Breakdown: A Therapist's Journey of Losing It and Finding It by Ali Psiuk

★★★★☆ 4.9 out of 5

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I started to lose myself. I became irritable, anxious, and withdrawn. My relationships suffered, my sleep was disturbed, and I struggled to find joy in the things I once loved. I felt like I was on the verge of burnout, but I couldn't admit it to myself or anyone else. Therapists are supposed to be

the strong ones, the ones who have it all figured out. I was ashamed of my struggles.

One day, I had a breakdown. I couldn't hold it in anymore. I was overwhelmed with emotion, and I just started sobbing. I felt like a failure, both as a therapist and as a human being. I had lost sight of who I was, and I didn't know how to get it back.

In that moment of despair, I realized that I needed help. I reached out to a therapist of my own, and it was the best decision I could have made. With her guidance, I began a journey of self-discovery and healing.

I learned that it's okay to struggle. Therapists are not immune to mental health issues, and it's important to seek help when we need it. I also learned the importance of self-care. As therapists, we need to take care of ourselves both physically and emotionally in order to be effective in our work.

Through therapy, I started to process the emotions I had been holding onto. I learned to identify my triggers, develop coping mechanisms, and build resilience. I also began to practice self-compassion and self-acceptance. I started to see myself in a different light, and I began to heal.

It wasn't an easy journey, but it was a necessary one. I'm not the same therapist I was before. I'm more compassionate, more resilient, and more authentic. I've learned that it's okay to be vulnerable, and that it's in our vulnerability that we find our strength.

I share my story not only to destigmatize mental health struggles among therapists, but also to inspire others who may be struggling. It's okay to

lose it sometimes. It's okay to ask for help. And it's okay to find your way back to yourself.

### Here are some tips for therapists who may be struggling with their mental health:

- **Seek help from a therapist.** A therapist can provide support, guidance, and coping mechanisms.
- **Practice self-care.** Take care of your physical and emotional health by eating healthy, getting enough sleep, and exercising regularly.
- **Set boundaries.** Learn to say no to additional work or commitments that you don't have the capacity for.
- **Build a support system.** Surround yourself with people who care about you and will support you through tough times.
- **Be kind to yourself.** Forgive yourself for your mistakes and accept yourself for who you are.

Losing it can be a frightening experience, but it can also be an opportunity for growth and transformation. If you're struggling with your mental health, please know that you're not alone. There is help available, and there is hope. You can find your way back to yourself, and you can become a better therapist for it.

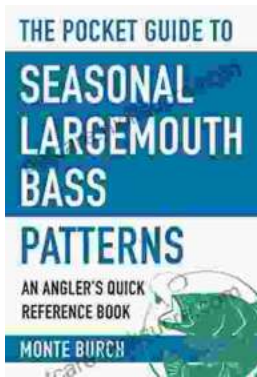


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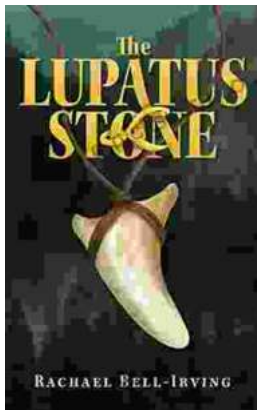
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