Recovery Paper

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Strengths, goals, and a positive cognitive narrative are each essential for recovery from any mental illness. My personal recovery from Bipolar I Disorder has somewhat surprisingly revealed strengths I did not know I had. I continue to have difficulty identifying which of my past strengths were most critical or which current strengths can best facilitate my further recovery. It can seem that having a favorable perspective towards almost any discernible trait may be sufficient to categorize it as an apropos strength that will be useful somewhere along my recovery journey. My ongoing strengths discovery process is complicated by vivid recall of manic episodes during which I was delusional enough to assess myself as sublime and immortal. I find that because my self-image has previously internalized these superhuman conditions as though they were valid strengths, it can present an enduring challenge for me to properly contextualize them and to appropriately emphasize the relatively mundane and less glamorous practical strengths that I actually need to focus more on. Throughout this paper, I expect to contemplate and explore many aspects of myself in order to become more capable of accurately and comprehensively recognizing my own strengths.