

Rebuild Yourself

Opinion

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Today for me is a new beginning. It is time to rebuild myself. There I go.

Sometimes life threatens you and suddenly you find yourself in the middle of a tornado. The unpredictable can happen and may happen. We have all learned that after Covid that we cannot control everything, in fact we can only try to deal with our here and now. Once the Huracan is over, you will see the mess it left outside and inside your life. It is then that you will have to choose what you will do with what has happened. Yes, you have different alternatives, you can sit down and cry your loss, complain, ask yourself “why me “or wash your face, dry your tears, and start to rebuild yourself. Our lives are always affected by the way we think what has happened more than what has happened. Life is a collection of experiences, and this tornado will also be part of who you will become. The way you rebuild yourself talks about your resilience. The first thing we need to know is that rebuilding is a process that starts when you say so. It is a significant transformation that starts from inside. The process of rebuilding is long and slow. This

process is not lineal, there will be sit backs, times you will feel you are moving backwards, understand that this is a natural part of the process.

Tools you need to carry in the rebuilding journey are discipline, meditation, and courage. Healing is not about perfection; it is about progress. Rebuilding requires letting go, forgiving yourself and others. It is about moving forward with intention and purpose. Support yourself with loving family members or friends they can lighten the burden. Seek for individuals who can understand your journey and can offer empathy and encouragement. This network will remind you that you are not alone in your struggles, the presence of supportive people can push you to move forward even when the path seems daunting.

Every threat is a way to grow stronger Embrace the non-lineal process of healing because it will help you reinforce your resilience. Healing is an act of self-love; the journey of healing is uniquely yours it is a secret path that no one can walk for you. Celebrate your progress, every step forward is a test that talks about your resilience and your determination. And do not ever forget to cultivate gratitude for the journey itself, gratitude is a great catalyst for healing.