

The Emotional Health News



Issue No. 1

A Newsletter by Hal Pullin

Statement of Purpose

“We are overburdened at birth by our parents’ unresolved emotional issues. We spend the rest of our lives struggling in the fog to become healthy beings. We need to recognize what we feel and learn how to distinguish between what is healthy and unhealthy anxiety, healthy and unhealthy guilt, and healthy and unhealthy anger. We need to learn to understand and manage our feelings that we may maximize our well-being. We have a lot to learn about emotional health. To this purpose I write this newsletter.” —Hal

Anxiety

Part 1: Addictions

The most common issue affecting the health of humankind is unrecognized anxiety. We can’t solve problems we don’t accurately define. Repeating the same mistakes is the first indicator that we have not adequately defined the problem. Not recognizing this culprit causes the broadest array of maladies, including addictions. Using Oprah’s repeated struggles with her weight as an example, we can begin to grasp the enormity of this universal, largely-unrecognized health problem.

I want all Oprah viewers to encourage her to get the professional help she obviously needs. Her denial of the connection between her unhealthy impulses to eat and her untreated

abuse from her past sets her up to be stuck and insanely repeat the same mistakes. Unrecognized anxiety from unresolved emotional issues drives all addictions. **She admits she is addicted to food and yet she says that she has never been in therapy and denies needing it.**

Her unwillingness to connect the dots best exemplifies humankind’s number one nemesis, a problem so huge, so human, so universally damaging it defies recognition.

To help us see the problem I have given it a special name. I call it The Oprah Syndrome.

The Oprah Syndrome

• denial that one has unresolved emotional issues.

The Oprah Syndrome



- Denial of unhealthy emotional issues
- Denial of unhealthy emotional issues connected to repeating the same mistakes
- Denial of unhealthy emotional issues connected to failure to make lasting positive change

- denial that unresolved emotional issues are connected to repeating the same mistakes

- denial that unresolved emotional issues are connected to the failure to make lasting change.

The irony is this normally astute person who tries to give to the world what she most needs, who serves as a kind of role model/ therapist to the world, unconsciously programs hopelessness into millions. They reason, “If a powerful women like Oprah who has unlimited resources can’t make lasting positive change then what chance do I have?”

She could serve the world in a meaningful way by finding the courage to admit she can’t make lasting change by herself. Pray she finds a psychotherapist to guide her through the emotional fog which keeps her stuck. Like most

addictions it is unresolved anxiety from not feeling safe as a child that drive her impulses to over eat. Until we learn to connect dots between our unhealthy behaviors and the emotions that drive them will have difficulty making lasting positive change. We need to learn that physical health naturally follows emotional health. Creating emotional health is next great puzzle piece in our evolutionary development. We need to learn that the mind comes first, behavior second and health third. Understanding how to use our minds to become emotionally healthy is essential if we are to learn how to care for ourselves. Denial of our emotions is the great human blind spot, which causes us to insanely repeat the same mistakes generation after generation.

To Bloom Or Not To Bloom

The first “To Bloom Or Not To Bloom” workshop will be Saturday, August 20th from 11 AM to 2 PM at the Ululate Gallery. This new gallery is located at 924 South 11th Street, Mount verson, WA. www.ululate.org

Donation to the Skagit County Community Action Agency will be requested. Reserved seating only. Early registration recommended. Call Mary at 770-4173 or email us at marypullin@mail.com



PUBLIC SERVICE ANNOUNCEMENT

Changing habits is difficult. I am offering to speak to your group on healing ourselves emotionally and how we can use our minds more effectively to create lasting positive change. I have a 30 minute presentation on how our minds work that all audiences will find useful if not fascinating.

I have designed a series of five 3-hour public benefit workshops that I call “To Bloom Or Not To Bloom.” If your group would be interested in sponsoring one or all of these workshops as a public fund raiser please contact me.

A public benefit series “To Bloom Or Not To Bloom”

- Emotional health for adults — A path to bloom more fully
 - Emotional health for children — Helping a child bloom for a life time
 - Emotional health for intimate relationships — Helping couples bloom continuously
 - Emotional health for changing habits or an addiction — Sowing the seeds to bloom
 - Emotional health for men — A choice to bloom
- A free workbook is included for each workshop.