## Truisms to Ponder

### Explore how these truisms shape our lives. As a psychiatric therapist and mental health expert, I ofer insights in my book that reveal the complexities of human emotions and behaviors.

The root of (almost) all conﬂict is an attack on self-esteem.

Over-reaction is one’s emotional reaction to the present coupled with unresolved emotions from the past.

Greed is the result of overdetermined need.

Shame is based on a feeling of inadequacy.

Anger is most often based on the perception of unfairness.

Trauma is the result of exposure to an overwhelmingly frightening emotional, physical, and/or spiritual event.

One’s conscience develops early in life except for the four per cent of us who don’t have one.

Empathy heals, builds bonds, allows for normal development, and is necessary for peace of mind.

Anxiety and fear are largely responsible for the divisiveness of tribes.

Unresolved wishes from the past greatly inﬂuence present behavior, thought, relationships, and decisions.

Fantasies and dreams are windows into the soul and one’s emotional make-up. Separation is a repetitive, life-long process.

Imbalance leads to illness and the destruction of relationships.

A certain amount of deprivation is necessary for healthy development. Grieving is a healing process.

Nothing lasts forever including the illusion of eternity. Reality exists but looks diferent to each of us.

Change is life’s one constant.

The meaning of life is simply the meaning we give it. Feelings can be rationalized but aren’t rational.

Are you ready to understand the roots of conﬂict, anxiety, and more? Read my recently released book, “Traveling from Birth to the End of the Trail.” I’m a

psychiatric counselor and experienced mental health expert, given you deep insights in my book to help you navigate life's challenges with clarity and empathy.