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ZEST

SAILS AND RUDDERS

Years ago, on an earlier part of my life journey, I graduated with an undergraduate degree in History. To balance my major, I chose to minor in Philosophy. Among the many classics I studied was *The Prophet*, Kahlil Gibran.

On the topic of reason and passion, he said, 'your reason and passion are the rudder and sails of your seafaring soul.'

He went on to say that if our sails and rudder break, we will toss about and go adrift, eventually coming to a standstill out at sea. Isn't this the way it is when we get stuck in the unhealed fragmented self of our historical, intergenerational, and present day trauma?

We're like ships out at sea with no sails or rudder, just tossed about by the waves of anxiety or depression, adrift in our isolation, lost and all alone. There is no balance in our lives to help us weather the unpredictable conditions of trauma that leave us feeling that loss of control.

When this happens, everything appears life-threatening. Sometimes we can't see the help when it arrives and rationalize that it's better to stay put in the miserable spin of the past than risk the opportunity of healing to correct our reasoning and align our passion.

Healing balances our reason with our passion so we can develop the strength and wisdom to go anywhere our seafaring soul will take us!



ANXIOUS & DISMISSIVE ATTACHMENT



The Clingy and Avoidant Faces of TikTok Relationship Content

There are a lot of content creators on TikTok handing out relationship advice about dealing with 'ghosting' and 'the overthinker.' These social media gurus say to run from the 'ghoster' and give the 'overthinker' what they need. If only it were that easy!

In reality, the 'ghoster' and the 'overthinker' both have an underlying attachment orientation. One desperately seeks to be close to feel love and belonging (anxious attachment), and the other withdraws from the vulnerability of being close to the protection of being alone and autonomous (dismissive attachment). At the root of both orientations is poor emotional self-regulation associated with the trauma and childhood wounds of rejection and abandonment, exposure to abuse, over-controlling, or emotional unavailability. Being honest about your attachment style is the first step toward healing. Then, you can learn to self-regulate your emotions to help you overcome the need to 'fix' those painful feelings of loneliness that drive you to be too clingy or avoidant in your relationship.

THE SHORES OF TWO SOULS

Deep thinking about healthy connectedness in relationships

Love can be described as a rite of passage that couples pass through together. Most practitioners define this passage as six stages: primary attachment, falling in love, being in love, being in a relationship, becoming involved, and commitment. When attachments are 'anxious' or 'avoidant,' there will be significant challenges to making it successively through each stage.

What if we thought about the development of love in relationships using a more natural sense of direction?

We would think of the souls of two people as shores brought close enough to see one another by the body of water that passes between them. They are still sovereign but now united.

They have no bond but the moving and changing flow of the water that mixes their runoff into the brackish nutrient of their merger.

They understand that there is always space between their togetherness. Sometimes it is calm and peaceful. At other times, turbulent and raging. But always, it is the water mediating the natural course of their connectedness.

