

It's Not about the Blender!

Kelly's Story

Yes, there was an incident involving a blender, but I'll come back to that. A serious circumstance occurred in my family which caused me deep sadness, extreme anger, and very dark thoughts. The anger and dark thoughts consumed me. I felt helpless. I'm a "fixer" but I couldn't fix (aka control) this situation. I thought I could manage these feelings, or they would just go away, but they didn't. I was miserable and I knew I needed help. So, after looking into counseling centers, I chose to go to Samaritan.

My Samaritan therapist taught me how to be self-aware of my thoughts and feelings, which has dramatically changed my life! I originally went to counseling for my family situation, but after multiple sessions, it turned out I had other issues I needed to work on. Who knew! I continued counseling for a year. It was the best thing I'd ever done. I only wish I'd have started years earlier. I use the tools Samaritan gave me almost every day. Believe it or not, I'm not perfect! I still get angry, depressed, and have dark thoughts. But now I immediately recognize those feelings, what they are about, and how to deal with them.

Recently, another family situation came up which, again, I found myself trying to control. I retrieved a paper that my therapist had given me—one that I keep in my nightstand. The content of the paper is *Detached Involvement*, and I read through it as I have done dozens of times over the years. It is one of the best tools my therapist had given to a control-freak like me.



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Back to the blender. The man who later became my beloved husband had used my blender for something other than what I had asked him to use it for. This triggered an angry response by me, which I'd shared during counseling. "It's not about the blender," said my therapist who had taught me well about self-awareness. That sparked an "ah-ha" moment for me that continues to bless my life!

– Kelly Barber