



Why it is not enough to be self sufficient?

We as individuals sometimes struggle a lot with our own identity and our close relationships.

There are deadlines to meet, the train is not waiting, the biological clock is ticking, the house is almost on fire all the time. We must rush and be efficient, well organized, try to be on track all the time. Run, run, ... but where? ... and then? ... What is the next goal? ... The only unreliable resource in this game is the human being!

We are soft, slow, stubborn, fearful, too weak, too young, too old, too lazy, too ambitious, we get tired, get hungry, get sick, get thirsty. We get bored or talk too much and sometimes without thinking. We struggle.

We want to have security, loyalty, we want to trust. However, it is so difficult to judge human beings. There are all these people in our way and therefore we cannot give our best, get stuck, get stressed and frustrated. We always must wait for others! They are always keeping us from being perfect. Everything would be so good, if there would only be me. I would meet the deadline, I would catch the bus, I would be on time, I would not get stressed, I would be well organized, I could use all my money for myself. Moreover, I would be the nicest, the richest, the smartest and prettiest on earth. Everything would just be wonderful! ... Really? ... Of course, there are moments where the biggest gift is our privacy. And of course, people can be annoying, demanding and stressful.

But the truth is, the human species needs each other to survive. A little baby would not survive without any help from others. Cooperation was always our strength and brought us forward. We would wither without love and care. We all need loving connections to people until we die. We are social creatures, who need to talk, need to get feedback, need to learn from each other and need to feel loved. That makes us strong! Therefore, it makes sense to invest in healthy and strong relationships. Healthy relationships help to get the best out of us. They make us feel good, help us grow and they make us happy!

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