Why do Some People Only Ask for Help After Pushing Everyone Away?

If you’re anything like me, you may have a hard time asking for help when it comes to personal stuff. If I can’t reach something off a shelf, sure I’m good with requesting some assistance, but when it gets a bit deeper than that, I tend to wanna handle everything on my own; retreat inward and soak it in a little “me-time” solitude. My mental cave is always warm and welcoming with popcorn made and a Netflix marathon ready to go. But sometimes, when the popcorn’s run out and your ass is asleep from too much couch-potato-ing, you reach a point where your ego allows you to understand that your ONLY way out to reach a solution is another’s perspective.

My inner world has always been a rich, vivid place. And anytime it seems when an outer connection is initiated and I “accept” so to speak, then I immediately get connected to a source of ever-flowing, loving information that seemingly helps people most of the time. Whether it be that stranger in line at the supermarket who tells me her life story or the friend who always comes to me for advice, I have always been acutely aware of a pull or draw I have that even as a young child made me feel like I was officially stamped “HELPER” or “HEALER” on my forehead upon birth. I never thought to ever really put a name to it other than my intuition, but what has
always boggled my brain is that when I myself come to me with a dilemma or need support, I don’t seem to get the same VIP access to that awesome info waterfall. I tend to more often self-sabotage, procrastinate, etc. and this as I now understand is all part of the plan...

I’m grateful for tapping into my life theme at such a young age, but it has taken me my entire lifetime to even begin to understand how to use my empathic abilities in coherence with it. I’ve always felt completely dualistic and presumably, that’s fitting since we live in such a dualistic world. However, it seems a major part of my theme is to always be acutely aware of the extremes, so that I can hang out in the neutral zone, as that is where the best mediators reside, no?

Sounds simple enough, but living in a society that tells you happiness is something you strive for through obtaining material gains, not something you create from within yourself has driven the overall vibe of humanity to lean just a tad to the negative and I think we’ve all taken notice. But if we zoom out our perspectives a bit wider, we begin to see how that extreme is simply the same as its opposite, just to a different degree. In other words, everything is connected.  

And I think that is the ultimate lesson we are here to learn. We are born with eyes that literally we can never look into at our own souls, and so we must rely on others, our loved ones, friends, enemies, neighbors, strangers, children, parents, etc. to mirror and reflect back to us our greatest and not so great traits for us to celebrate and share and learn and grow from (we hope LOL).

All of these factors can lead a person to feel, well a little alone in this big world. One thing they don’t teach us in school is how to love ourselves and if I’ve learned anything assisting other people with their own lives it is that while you, of course, can love and be loved without fully embracing yourself, however when you do love yourself in wholeness, it
opens up a world of neutral acceptance, of presence, peace and personal allowance for people to be who they are.

And I don’t know about you, but when I feel I can be who I am and am not being judged I am so much more likely to open up to people. And I think this is perhaps another big reason that we push people away, but what we would be wise to remember is that when we are helping others, we are actually helping ourselves too. For every spirit we lift, we ultimately lift our own.