



Living Beside the Storm:
A Self-Help Workbook for
Navigating Life with a
Mentally Unstable Person

Dr. John's
SYSTEMS & SOLUTIONS

Dedication to all my clients and members

These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

Dr. John Souglides Ph.D.

Living Beside the Storm: A Self-Help Workbook for Navigating Life with a Mentally Unstable Person

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Introduction

This workbook is designed to help individuals navigate the emotional, mental, and practical challenges of living with a mentally unstable person. It combines psychological insight, holistic methods, and metaphysical practices to help you maintain balance, safety, and compassion without losing yourself.

Section 1: Understanding the Landscape

What This Workbook Is For:

- Empowering you to navigate challenges without losing yourself.
- Recognizing patterns, setting boundaries, and creating healing space.
- Developing both compassion and self-protection.

Core Principles:

- You cannot “fix” another person, but you can create conditions that encourage stability.
- Your mental health matters equally.
- Clarity + Boundaries = Emotional Safety.

Section 2: Recognizing the Roots

Exercise 1 – Identifying Possible Origins of Mental Instability:

- Childhood trauma
- Substance abuse
- Chronic stress
- Genetic predisposition
- Unresolved grief
- Personality disorders
- Other: _____

Section 3: Signs & Patterns

Obvious Signs: Severe mood swings, aggression, psychosis.

Covert Signs: Passive-aggressiveness, gaslighting, emotional withdrawal.

Exercise 2 – The “Pattern Map”:

Draw a circle with their name in the middle. Around it, write recurring behaviors (both obvious and subtle). Identify triggers and cycles.

Section 4: Your Inner World Check-In

Daily Mood Tracker: Rate your energy, peace, anxiety, and stress from 1–10 each day for two weeks.

Trigger Journal: Note the event, what was said, and how you felt in your body.

Section 5: Boundaries & Safety Nets

Boundaries are not walls; they are doors you control.

Exercise 3 – Boundary Script Writing:

Write 3 statements you can use in moments of stress. Practice saying them calmly.

Section 6: Self-Healing & Resilience Practices

Hypnotherapy Self-Scripts: Record affirmations in your own voice.

NLP Reframe Exercise: Replace stressful beliefs with empowering alternatives.

Transpersonal & Metaphysical Practices: Guided meditations, aura cleansing, light visualization.

Holistic Daily Rituals: Breathwork, gratitude journaling, nature immersion.

Section 7: Crisis Navigation Plan

Red Flag Response Checklist: Identify warning signs, pre-plan exits, have a trusted contact.

Emotional De-escalation Tools: Lower voice tone, slow breathing, avoid arguments in heightened states.

Section 8: Moving Forward

Decision Points: Stay and manage, distance for safety, seek professional mediation.

Commitment Statement: Declare how you will protect and nurture your well-being moving forward.

Bonus – Quick Reference Pages

- Signs & Triggers Cheat Sheet
- Calming Techniques List
- Boundary Scripts
- Daily Self-Check Template

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