



Managing the Flames

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I have found hope and healing by being comfortable in the grey area. Applying “wisemind” (DBT skill) is one of the ways I am able to manage the flames, which is the sea of red I often see and feel when I am triggered. It’s been a long road but I finally am able to feel happy, hopeful, purposeful, healthy, mindful, and stable. These are aspects of how I define recovery that I have been able to achieve. I have weathered the emotional flames that can engulf me.