



The Catalyst Series • Part 13

## Embracing the Suck

"The obstacle is the way." — Marcus Aurelius

### The Concept

We spend our lives trying to avoid discomfort. We numb it, distract from it, or run from it. But avoidance is the root of all anxiety.

Resilience is not about feeling good. It is about the ability to feel bad and keep moving. It is about looking at the mud, the pain, and the struggle and saying, "I can handle this."

#### Antifragility

Fragile things break under stress.

Resilient things resist stress.

**Antifragile** things get stronger under stress.

### Deep Reflection

What are you avoiding?

A difficult conversation? A workout? A budget review?

#### The Challenge

Do one thing today that sucks. Not because you have to, but to prove to yourself that you can.

The Mantra

When it gets hard, what will you tell yourself?

## The Turning Point (Action)

When you run from a monster, it grows. When you turn and face it, it shrinks.

### The Avoidance Loop

Feel Anxiety → Avoid Situation → Relief (Short Term) → Anxiety Grows (Long Term)

### The Growth Loop

Feel Anxiety → Do It Anyway → Discomfort (Short Term) → Confidence Grows (Long Term)

Syracuse Integrative Psychiatry

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