



# THE PSYCHOLOGY OF A HERO

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Imagine yourself as a teen boy. Now, imagine yourself with any problem you can and can't imagine trapped in a giant world grasping at insane concepts to explain it all. You've just become me. And, as me, I have a hero. He's not a cape-wearing, sky-soaring, bus-saving Marvel hero, but a modest Michigan man. He wears no cape; but at this point, he should. In fact, he's possibly the closest to a hero I've ever gotten in my life; a therapist.

His name is not Superman or Spiderman, but Greg. He is my therapist whom I see bi-weekly and have seen for almost two years. As my heroic therapist, Greg helps me with mental health struggles and counsels me through challenging times. He helps me repair bad thoughts and guide me to establishing good choices in life. Greg has impacted my life in a positive way that I am eternally grateful for. He has bestowed upon me healthy coping mechanisms to use in challenging times and has also allowed me to vent my problems in a safe, healthy, and collected manner.

I think it's commendable, really; spending your formative years training to become a therapist. Therapists, like Greg, are underappreciated. They dedicate their lives to helping others but don't get featured in movies or become world famous. I aim to shine a little bit of light on a real life hero, one who has helped me my entire life. When I sit in that counseling office, I look around the room. Mismatched ceiling lights hover above the warmly toned room, and the couches sit snugly on the ocean blue carpet with a table in between. You'd be tempted to think I'm nervous from how I can describe the room, but when I'm in that room, I'm never nervous. I know Greg has my back. I sit in that room, and I tell him about all my problems, my complications at school with ADHD (Attention-Deficit / Hyperactivity Disorder) and such. He smiles and tells me it'll be okay. I sit in that room for about 45 minutes, but it's calming, and time goes by fast when you're enjoying it. I have a deep conversation as the clock ticks down further and further until it's time to finish. At the end of the day, I feel entirely relaxed and

refreshed; collected and renewed.

As Maya Angelou, the respected poet and activist said, "I think a hero is any person really intent on making this world a better place for all people." In the end, Greg is a real life hero. He has dedicated his one life on this Earth toward an utmost amazing cause. He has pulled countless people from the pits of emotional distress other than me. He has lived a beautiful life constructed of helping others, constructed artistically like a beautiful church's stained-glass window, and I am absolutely, one-hundred percent grateful to be able to say...

Greg, my therapist, is my Michigan Hero.



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