

## Who Are You?

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One of the biggest hits by *The Who* asks the question “*Who are you?*” In the popular crime investigative television series, *CSI – Crime Scene Investigators*, the producers have used this song as their theme music. The premise of the television show is acute observation and study of evidence by the CSI leads to the identification of cause of death, perpetrator and the circumstances surrounding the crime. The understanding and recognition of the evidence is seen to be imperative to the establishment of identity.

The same may be said for building personal identity. To understand yourself, you must begin with the evidence. When you understand and recognize your strengths, your temperament, your weaknesses and your skills, you are better equipped to build a solid identity that will withstand the scrutiny of others, society and, most importantly, yourself.

What are your strengths? What are your weaknesses? What tools do you possess to build on your strengths to overcome your weaknesses?

Tools can be found in your temperament, your relationships, your experiences and your training. To find these, you will need to take careful stock and consideration of all you have, all that you are and all that you are not. Discovery of some of these tools will come through meaningful relationships and discussion with those who care for you. Others will be formed in the fires of adversity and failure.

At the Behavioural Health Foundation, our mission states that our purpose is “to provide quality behavioural health services of a holistic nature.” Why? It is so we may help people discover and learn tools that will aid them on their journey to personal and family wellness. We believe that this “will reduce the harm to individuals and family units that is caused by the misuse of substances, other addictive behaviours, and co-occurring mental health issues.”

While staying at the BHF, residents are given opportunities and training to help them make positive choices regarding budgeting of personal finances, overcoming addictive patterns and behaviours, building strong and beneficial relationships, and the importance of personal responsibility. Opportunities for our members are graduated – building on lessons learned and strengths forged through conscientious work, training and the application of positive life skills. Here we provide a strong foundation for our members to start over, laying a cornerstone on which to build a successful life and experience.

In facing the challenges that life brings, we exercise responsibility in identifying who we are and making use of the strengths and tools available to us. Only as we do this can we begin to make a success of our life journey. It is important for us, also, to realize that setbacks and failures do not identify us. They can, however, define us by the way we address and overcome them.

*So tell me, who are you? 'Cause I really wanna know.*