

Newsletter

Therapy Saved My Life



Let's talk about something that still feels uncomfortable in construction and that's therapy. Not as a last resort, not as something only certain people do but as something that can genuinely change and even save lives because it has saved mine.

I've been in and out of therapy for years and at the beginning, I'll be honest, I didn't like it. Sitting in a room talking about how I felt didn't come naturally. It felt uncomfortable, forced and at times pointless. I didn't want to open up and I didn't even think I had much to say but I kept turning up and that consistency is what changed everything because by the 3rd sessions that discomfort started to disappear and more vulnerability starting to show up.

Something shifts when you keep showing up. What once felt awkward becomes normal. Conversations that once felt heavy start to come out easier. We began talking about things I never thought I would open up about and more importantly, things I didn't even realise were affecting me. It made me realise how much we carry without ever stopping to properly look at it.

There was a point in my life where I was suicidal and I don't say that lightly. Therapy didn't magically fix everything overnight but it gave me space to understand what was going on in my head. It gave me tools, perspective and most importantly, another option when my mind was telling me there wasn't one. The reason I'm sitting here writing this today is because I chose to keep going and therapy played a huge part in that.

Through therapy, I was also diagnosed with ADHD and OCD. At first, that might sound like labels but for me it was clarity. It helped me understand why my mind works the way it does, why I think the way I think and why I react the way I react. Instead of constantly fighting my own mind, I started learning how to work with it and that shift made a massive difference.

Therapy didn't just give me awareness, it gave me tools I still use every day. When anxiety builds, I focus on my breathing. When things feel overwhelming, I go for a walk. When my head is racing, I slow things down instead of speeding up. These aren't complicated solutions but they work because they bring me back into control.

In construction, we're used to pushing through. We're used to staying quiet and dealing with things on our own. For a long time, I did exactly that but the truth is, talking doesn't make you weak, it gives you options. Therapy isn't about being broken, it's about understanding yourself, processing what you've been through and learning how to handle what's ahead.

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The Art of Saying NO



If therapy has ever crossed your mind, even briefly, that's enough. You don't need to be at breaking point like I was before seeking help and support. You just need to be willing to start. I know how difficult that first step is because I've been there.

If I never walked into that first session, I genuinely don't know where I'd be today but I do know this, therapy didn't make me weak. It helped me stay alive and it helped me become someone who understands his mind, manages his struggles and keeps moving forward.

Today I share my personal story simply because I feel there needs to be more positivity around seeking support, talking and less stigma around men seeing therapists, I hope my vulnerability gives you space to be vulnerable too. Feel free to reach out if you want a chat!



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