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MUSINGS

Official Newsletter - BY MHAH

PC: Rohan Somkuwar

When Vulnerability Turns Into Oversharing

BY RANJITHA RAJ

In today's emotionally expressive world, being open and vulnerable is often seen as a strength. And rightly so—vulnerability helps build deeper human connections, fosters empathy, and allows us to be authentic. But there's a fine line between healthy vulnerability and oversharing. When we cross that line, instead of feeling supported, we may feel exposed, misunderstood, or even hurt.

Oversharing is when we reveal too much, too soon, or to the wrong audience. It can happen in an attempt to feel seen, to gain instant connection, or simply because we're overwhelmed. But not everyone has the emotional capacity or maturity to hold space for our truth. And not every setting is safe for deep emotional exposure.

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When we open up indiscriminately, we risk:

- Feeling judged or invalidated by people who don't understand us.
- Breaching our own emotional boundaries, leaving us more anxious than relieved.
- Damaging relationships, especially when personal details are shared too quickly or without trust.

True vulnerability is intentional and discerning. It's about choosing who we open up to and when, based on mutual respect and trust. It's not about hiding our struggles—but about protecting our emotional well-being by honoring the sacredness of our stories.

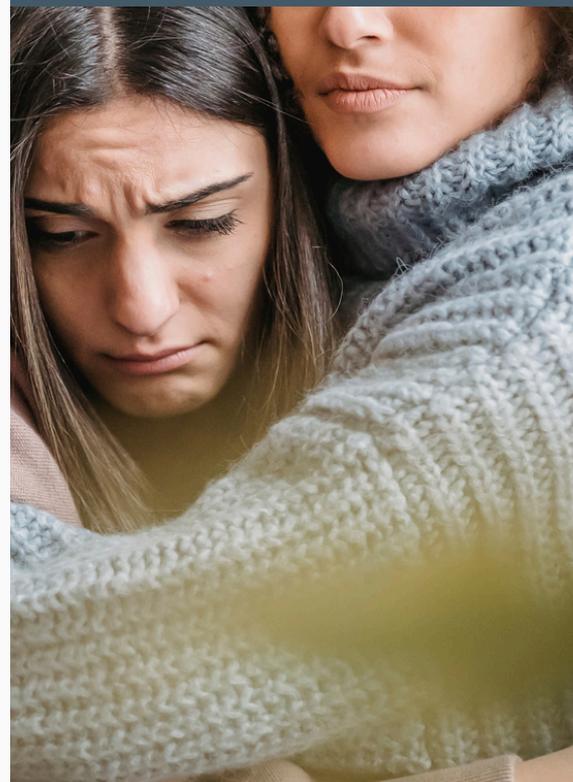
Before sharing, pause and ask:

Is this the right time, place, and person to open up to?

Am I sharing for connection, or for validation or relief?

“Oversharing is when we reveal too much, too soon, or to the wrong audience. It can happen in an attempt to feel seen, to gain instant connection, or simply because we're overwhelmed.”

- RANJITHA RAJ





Will I be okay if my vulnerability isn't received the way I hope?

Being vulnerable is powerful. But being selectively vulnerable—**that's wisdom.**

Quiet Moments

BY CHANDRANI SAMADDER

It's easy to get lost in the crowd; among people with diverse opinions; in a world, where we are earning, more and more, to live, yet not 'really' living life with satisfaction.

Escape to a few hours of solitude.
Hear yourself breathing and the wind singing.
Understand the language of your soul.
Ask yourself
What dreams do you have? What makes you happy?
What makes you sad or angry?
What fills you with inspiration and adrenaline;

“Before the world and the people told you who you should be, remember what you want to become.”

- CHANDRANI SAMADDER





fills you with a will to do something—something worth living for.

Before the world and the people told you who you should be, remember what you want to become.

Disconnect from the crowd
Reconnect with your soul.

The Comfort of Blame: Why the Victim Mindset Feels Safer Than Responsibility

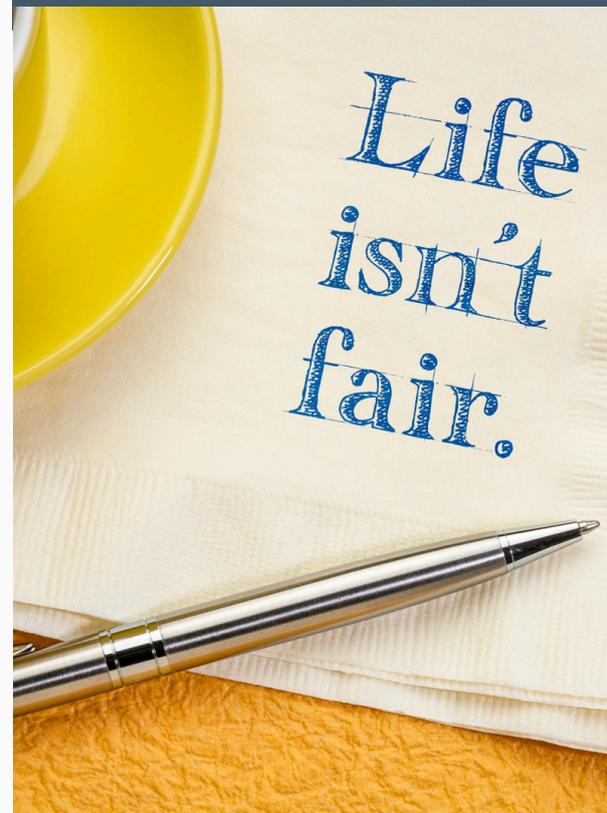
BY RANJITHA RAJ

Have you ever caught yourself saying, “If only they hadn’t done that, I wouldn’t be in this mess”? Or, “Life has always been unfair to me”? These thoughts may seem harmless or even justified. But they reveal something deeper—a subtle, often unconscious retreat into what’s called a **victim mindset**.

While the word “victim” typically refers to someone who has suffered harm or injustice (and rightly so), the victim mindset is different.

“While the word “victim” typically refers to someone who has suffered harm or injustice (and rightly so), the victim mindset is different.”

- RANJITHA RAJ





It's a psychological state where a person feels powerless, trapped, and convinced that external circumstances or people are entirely to blame for their situation.

But why do so many of us stay there?

1. Blame Is Easier Than Change

Blaming others is simple. It's neat, clean, and emotionally convenient. It lets us shift the burden of discomfort elsewhere. "It's not my fault" becomes a shield—a way to avoid vulnerability, effort, or self-examination.

Responsibility, on the other hand, requires emotional labor. It means saying:

"Maybe I contributed to this."

"Maybe I ignored the red flags."

"Maybe I have work to do."

This kind of honesty can feel heavy. It demands courage, reflection, and often—change.

2. The Brain Likes Familiar Patterns

Our brains are wired to seek safety. And ironically, familiar emotional patterns—even painful ones—can feel safer than uncertainty. If someone has grown up in environments

“Our brains are wired to seek safety. And ironically, familiar emotional patterns—even painful ones—can feel safer than uncertainty..”

- RANJITHA RAJ





where they felt powerless, helplessness becomes a learned emotional default. Responsibility, then, feels unfamiliar. Risky. Even dangerous. It threatens to unravel long-held beliefs about ourselves and the world.

3. Victimhood Brings Validation and Sympathy

Let's be honest. People respond to pain. When someone shares their hardships, especially without self-blame, they often receive comfort, attention, and support. And while that support is essential (especially in real trauma), it can also become addictive.

There's a subtle payoff to victimhood:

- We don't have to act.
- We get to be "right."
- Others may protect or rescue us.

Taking responsibility, in contrast, might mean facing temporary isolation, failure, or discomfort without applause.

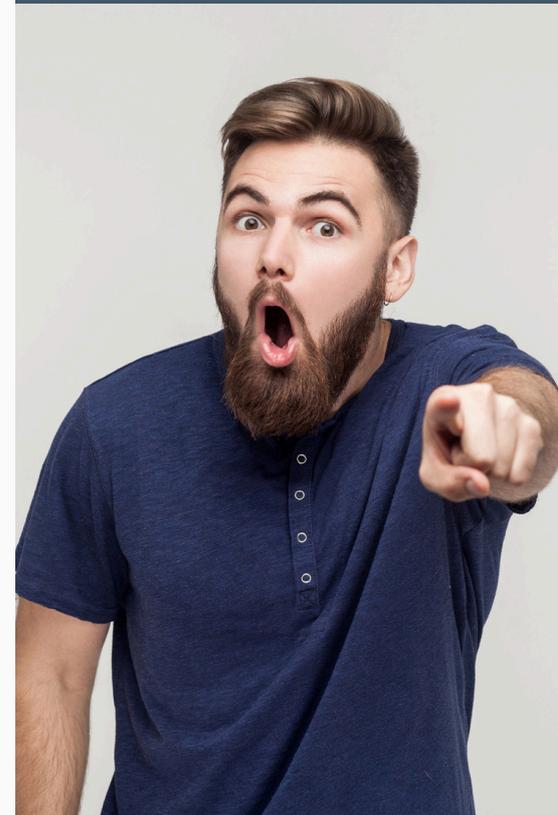
4. Responsibility Is Not the Same as Blame

This is where many get stuck.

They assume that taking responsibility means blaming themselves for everything that has gone wrong. But responsibility isn't self-blame.

"Blaming others is simple. It's neat, clean, and emotionally convenient. It lets us shift the burden of discomfort elsewhere."

- RANJITHA RAJ





RESPONSIBILITY

It's power.

It's the power to say:

"This happened to me, but I get to choose how I respond."

"This isn't fair, but I will grow from it."

Responsibility is a reclamation of agency. It's a choice to stop waiting for the world to change and start showing up differently.

5. Healing Begins With Ownership

Ironically, the most liberating path forward is often the most difficult one. When we shift from "Why is this happening to me?" to "What can I do with this?", we step out of emotional paralysis and into healing.

It doesn't mean we deny the hurt.

It means we trust ourselves to rise from it.

The Invitation: From Victim to Author

Each of us holds a pen. While we can't rewrite the past, we can write our next chapter.

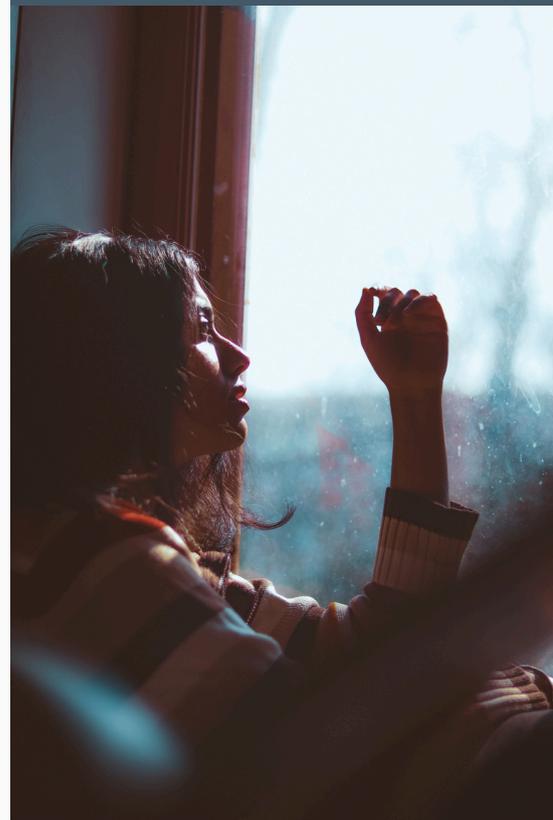
Remaining a victim is like letting someone else write your story. Taking responsibility is reclaiming authorship.

And yes, it takes effort.

Yes, it's uncomfortable.

"The most liberating path forward is often the most difficult one."

- RANJITHA RAJ





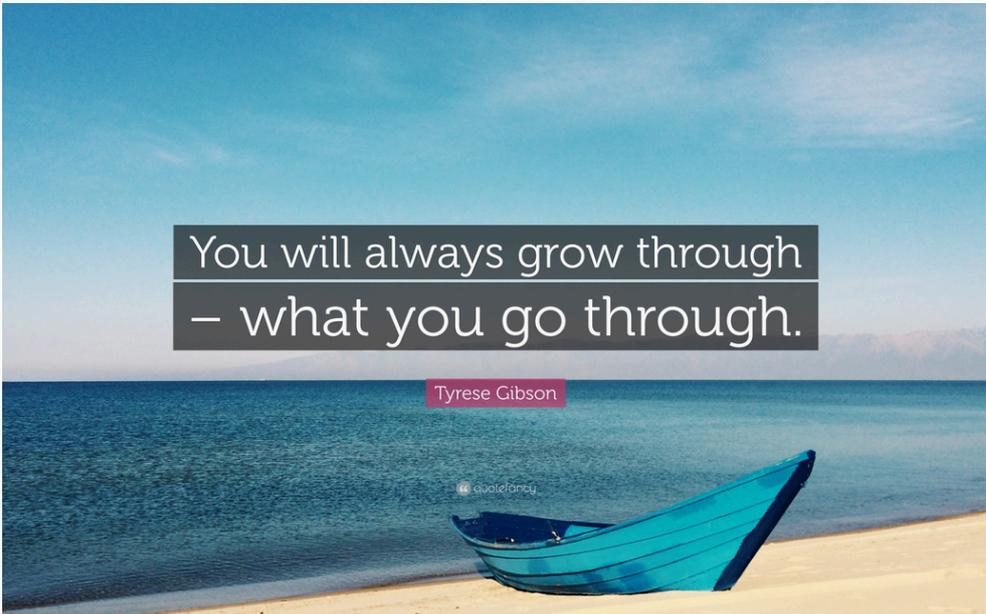
But it's also the only path to true freedom. Because in the end, the greatest act of self-love isn't protecting ourselves from pain—it's trusting ourselves to grow through it.

Reflection Questions:

- Where in your life are you blaming someone or something repeatedly?
- What would shift if you said, "What part of this can I own?"
- What belief about yourself would need to change if you took responsibility?

Remember:

Blaming might give momentary relief, But responsibility gives lasting strength.



You will always grow through
– what you go through.

Tyrese Gibson

QuoteFancy

“The greatest act of self-love isn't protecting ourselves from pain—it's trusting ourselves to grow through it.”

- RANJITHA RAJ





PC: Rohan Somkuwar

JUNE 2025 Events

BY MHAI

1. The Sound Mind Workshop

Facilitated By: Varun Varanasi, Panini Deraje & Ranjitha Raj

Location : MHAI (Anahata Hall)

Date: 8th June 2025, Sunday

Time : 10AM - 5PM

2. Loneliness in a Connected World

Facilitated By: Sreedhar Mandyam

Location : Online

Date: 20th June 2025, Friday

Time : 5PM - 7PM

3. Support Group Meet ONLINE

Date: 23-June-2025, Monday

Time: 6 PM to 7 PM

Topic: Scrolling for Belonging - Reflecting on our search for meaningful connection in the digital age.

Hosted by MHAI

4. Human Books ONLINE

Date: 23-June-2025, Monday

Time: 7 PM to 8 PM

Hosted by MHAI

To Register:
www.mhai.in

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PAST EVENT HIGHLIGHTS

MHAI - CREATING HEALTHY MINDS

CONNECTING WITH NATURE



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SUPPORT GROUP MEET BY MHAI



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MHAI Services

CREATING HEALTHY MINDS

- **Diploma in Life Skills**
- **Diploma in Mental Health**
- **Certificate Course in Suicide Prevention Skills**
- **Certificate Course in Non-Suicidal Self-Injury (Self- Harm) Prevention**
- **Workshops - On Invite**
- **Human Books**
- **Support Group Meet**
- **Holistic Health Rural Training in collaboration with Mental Strides, Australia**
- **Eco Therapy/Shinrin Yoku (Forest Bathing)**
- **Emotional Counselling**
- **Mentoring and Internships (Teens and Adults)**
- **Mental Health Awareness Programs**
- **Harmony - The Journey Within - Outdoor Workshops**
- **Kaadu Harate - Expressive Art Therapy (EAT)**

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