

# *It is always too soon ... To say what you think!*



**Have you ever been angry with someone else? Have you ever been hurt or upset by another person? Have you ever felt disappointed or let down by the way you were treated at some time? If you haven't then you are either too young, a dog or a robot! We all have, haven't we? When it happens, how do we often react? If you are anything like I used to be then the next thing that comes out of your mouth, onto your email or via your SMS is not all that complimentary nor is it likely to endear the other person to you! I have never felt good and have often regretted my reaction to another person, but once it is out of my mouth or the message is sent then it is too late!**

I can think of many times when my mouth has taken off well ahead of my brain! On each occasion, and in each moment, my retort or reaction seemed justified, even warranted. The question I kept asking myself about 5 minutes after each episode was 'Why did I shoot off my big mouth?' This was then usually followed up by a heartfelt and grovelling apology! I am one of the best apologisers going around. Why? Because I never really understood the incredibly valuable concept of keeping what I think to myself! instead I just had to get good at damage control, but in several cases even that didn't help – the damage was too great.

## **No regrets**

As I am writing this my mind keeps going back to the time, back in 1987, when I read in the newspaper that I had been sacked by the professional football club I was playing with at the time. I was justifiably hurt, angry and felt like a victim! I was young, I was dumb and I didn't wait the appropriate period of time before I engaged my mouth, which at the time short-circuited and disengaged my brain! I went and told the 'powers that be' at the football club exactly what I thought about them and their club! In other words, I threw a tantie!



Apart from the very short term feeling of vindication we never get to benefit from this type of behavior. After this outburst, had I gone back to the football club a few days later to apologise and see if I could I have a chat about moving forward with

the club they would have just laughed in my face – a lost opportunity and a lifelong regret. What if we say something that hurts someone, because we felt unjustly treated, and that person carries that hurt around for the rest of their lives. How good would we feel about that? I have seen how this has impacted the lives of other people, but what I don't know is who or how many people I may have negatively impacted by a dumb or thoughtless spur-of-the-moment comment I have made. I would be devastated to know if it were even just one! What about you? Well, we can't change the past but we can move forward with the commitment to never regret what comes out of our mouth, through our email or via our SMS.

### **Hold your tongue!**



At the end of the day we are all human, and we all say and do dumb things at times – right? Say 'yes'! When it happens do we feel like we deserved to be treated badly, abused or have venom spat at us because of it? Say 'no'! Then why would we think it is okay to spray our toxic words on other people when they make a mistake? The answer is, 'it never is'. It is always too soon to say what we think! Instead of reacting with words a better thing to do would be to hold our tongue and wait! Go for a run, hit a punching bag, write a letter that never gets sent or whatever works for you. But the key is to give ourselves time to see the event in a different light, from a fresh perspective and without the raw emotion.

After the anger and/or hurt has subsided then we can deal with the situation in a way that doesn't hurt anyone, that doesn't start a war of words and that won't create long term pain. If we can come from a place of love and respect then we will happily find a solution or compromise that is win-win for everyone concerned. Life will be happier, relationships will be stronger and trust will be impenetrable.

### **Not easy, but worth it!**

Will this be easy? Probably not, but neither is changing any habit. However, after some time, some mistakes and a determined focus this will be just the way we live our life and handle all situations. Whilst working on this new habit here are a couple of great sayings that I have heard and use that help me every time I feel challenged or tempted to react to another persons poor behaviour;

*'tomorrow I wake up me and they wake up them'*  
*'what they think of me is none of my business'*  
*'hurting people, hurt people'*

If we can be the bigger person, if we can forgive others easily and if we can let go of the need to 'make someone pay' then we will set ourselves up for long, happy, healthy and prosperous life.

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