

IT'S OKAY TO BE DOWN...

Just don't stay there for too long

I just realised that for some people I must be really annoying! In fact there are times when I annoy myself!! We all have times in our lives when we just don't want to look at the positive side of situations! And we certainly don't want some 'polly-anna' Mr or Mrs Happy telling us that 'every cloud has a silver lining'. Some times we want to 'spit the dummy', feel sorry for ourselves and 'suck our thumbs' and I am here to say that it is okay!

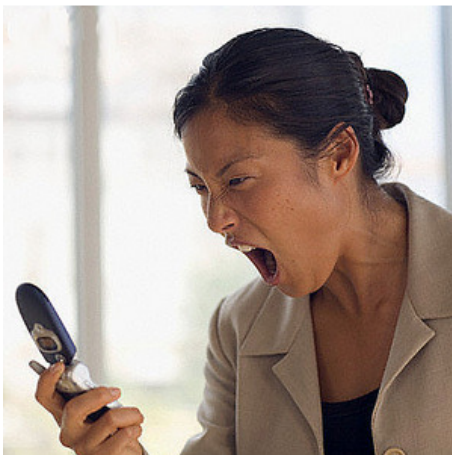


I know I have times in my life when I just want to be left alone! There are times when I don't want to listen to another positive CD or read another uplifting book! There are times when I just want to avoid my really positive friends who always want to offer a solution when all I want to do is have my own 'Pity Party'! I believe I am a positive person and I like to try and see the positive in every situation but gee, there are times when I just wish everyone would leave me alone!

I know there are other people who feel the same way, and I know there are people whom I annoy with my 'Mr Happy Clappy, look for the silver lining' articles I send out every week. How do I know? Because every week I get people sending me an email to 'unsubscribe' them from my database. They want to be 'in the pits' and don't want to be made to feel guilty because of it.

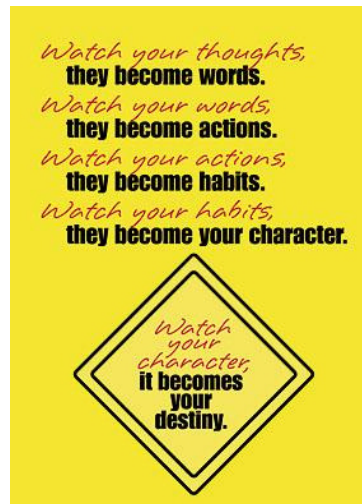
So here is my message this week; ***It is okay for us to be down, we just shouldn't stay there for too long nor take others down with us.***

Don't stay there too long!



Does someone upset us? Does something just not go the way we planned? Do we feel unjustly treated? Does someone let us down? Do we feel sick and tired? Are things just not going our way? It happens all the time doesn't it? Life is constantly testing us and providing us with little and big annoyances on pretty much a daily basis. It happens to me and I will often get sooky! I guess the thing I have learned over many years is that it is okay to be down and to feel sorry for myself for a short time. It is even okay to have a bit of a 'tanty'!

But the most important thing that I have learned is to not stay there too long. I have learned to have my 'pity party' then get up and get on with it. I do this by thinking of other people and their circumstances – for example, I often go back to my mum's 15 year battle with cancer and I actually find it pretty easy to get over myself! The problem with staying in that place of negative thinking and self pity for too long is that it becomes a habit, which becomes who we are and it will seriously impact every area of our lives. The quote by Frank Outlaw says it so beautifully ...



Don't take others into our pit!

I wrote in an article a couple of weeks ago about 'looking beyond the surface' with people. I spoke about the fact that the way we speak to and treat others is more a reflection of how we are feeling about ourselves and what's happening in our own lives rather than how we feel about them. It is so easy when we are in our pit to lash out at others. It is easy to share our bad moods and/or disappointments and make other people somehow feel responsible for our own issues. I am not proud to admit that there are times I do it, like most of us do it. When things aren't going my way there are times when I don't treat Laura the way she she deserves to be treated – the sad thing is it has nothing to do with her, it is me in my sooky mode wanting everyone else to be sooky!!



What if we could keep our bad moods and insecurities to ourselves? What if we could communicate to those most important to us that things are not going the way we want them to go and we are feeling down, but it has nothing to do with them and we love them? By being honest with people and not making them suffer for our own issues they are more likely to want to be there for us and help us through our situation ... rather than wanting to slap us and avoid us!

Life is too short to be a 'sooky la la'

I tell myself this all the time ... Every minute that I spend in my pit, sucking my thumb and feeling sorry for myself is a minute that I am not feeling incredibly grateful for the amazing people and things I have in my life. It is a minute that I have wasted not taking full advantage of my potential and exploring the amazing possibilities that this world has to offer. Life is too short to waste even a second! So I say it again; it is okay for us to be down, let's just not stay there too long!! Have a great week

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