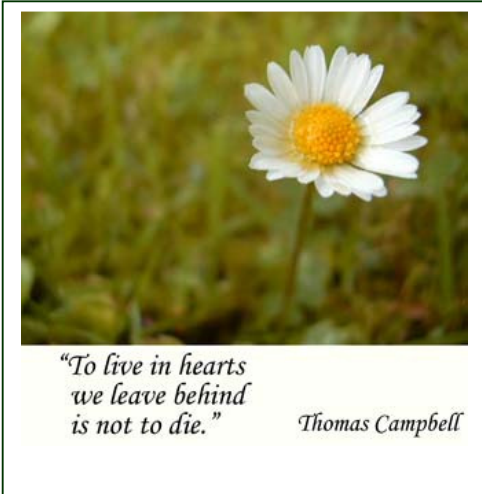


TELL THEM NOW ...

While you can!



I mentioned in last week's article that I attended a funeral – Laura's best friend Manuela's mother passed away. Isn't it often the way that funerals are a catalyst for personal reflection about our own life and mortality? Well they certainly are for me. I was never privileged to meet Maria, but the funeral was organised so beautifully by Manuela and her two sisters – it was a touching celebration of her life. In particular a slide show of her life, set to music, had many of the hundreds of people in attendance, including myself, in tears!

As I sat there watching this slide presentation, I suddenly had an intense feeling of sadness overwhelm me. I was sad for Manuela - I watched during the funeral and could see how devastated she was and I felt so very deeply for her. She loved her mother so much and due to the nature of her disease Maria was taken away too soon. I spoke to Manuela just the other day and she said something that made me feel better. She said, whilst she was sad about her loss, she was grateful that she and her mum had a fantastic relationship and would regularly tell each other how strong this love was. Neither of them had any doubt about each others love and so apart from the overwhelming sadness of loss, Manuela had no regrets.

It got me thinking, and I was sad again when I thought about how many people may be out there who didn't get that same opportunity, or more accurately didn't create the opportunity to tell loved ones how they felt before it was too late!

Who do we need to tell?

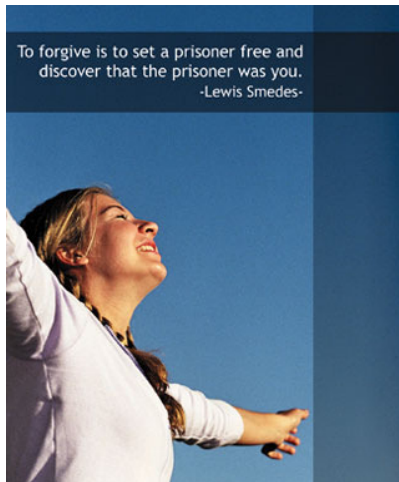
Did Manuela's always get on with her mum and did they always agree about everything? I doubt it! But Manuela knew the importance of communicating with her mum. In my own situation, with my own mother, I was just fortunate I guess that, though finally taking her life, her cancer never impacted her memory or ability to comprehend and so it was easy for me to let her know how much I loved her before she died - so I did over and over again.



We all have important people in our lives; our parents, our siblings, our children and our close friends, just to name a few. We often take these people for granted and never tell them enough how much they mean to us. I know for me that was the case with my mum. I never told her enough, until she was diagnosed with cancer – I was just lucky that I got the chance to tell her before she died. There are even times when we fight with our family or friends and vow that we will never speak to them again for something they said, did or didn't do.

Who do we need to tell NOW that we forgive and love and not wait until it is too late?

We are all human and deserve a break.



Just like all of us I have fought with, disagreed with, been hurt by and been angry with people I care about. I have even said, I don't want to see or speak to them anymore. I then thought about it and asked myself a couple of tough questions. Am I perfect? Far from it!! When I make a mistake, say or do the wrong thing (which happens far more regularly than I would like!) do I deserve to be condemned, hated and ignored? Absolutely not! Then why would I do that to other people? If I am unable to forgive I am setting myself up for a life of pain and regret.

The discomfort of being the bigger person or the pain of lifelong regret?

The real sadness for many people is that they lost the opportunity, even whilst loved ones were still alive, to communicate how they really felt. Many people have the opportunity to communicate or to be the bigger person, apologise and/or tell that particular person that they are sorry and they love and care about them. Yet they don't do it and, much to their later regret, lose the opportunity.

We need to ask ourselves, is it really that big of a deal? Is, whatever's causing the friction or fighting, really worth destroying what could be an incredible and fulfilling relationship? All because we couldn't get over ourselves to be the one to fix it and tell that person how much we really love them. I often ask myself; would I rather get over some initial discomfort and be the one to make it right, or live with the pain of regretting that I never did when it is too late? The answer, for me, is obvious.

Pick up the phone or a pen and tell them NOW!!

The time is **now** for all of us. We all have someone in our lives that we haven't told enough just how much we love them. There is someone we need to forgive for a mistake they made or an insecurity they have. So whether by pen, by phone or face-to-face let us commit to do it NOW while we still can. There would be nothing worse than waiting and then the time comes when it is too late. We have control - We can make things right - We can tell that person right now and change their life as well as our own! **DO IT** and have a brilliant week!

February 13, 2011