

If You Aren't Actually On Fire...

Take a moment to think back to the last time you couldn't deal with a situation in your life. Or when you felt overwhelmed by the chaos around you.

Got the image?

Now focus briefly on **how you are right this minute**—not what's coming up later, or the toast that got burnt this morning—just how you are now.

Breathing okay? Waistband too snug? Warm/cool enough? Toes wiggle-able? If not, you can open a window in a stuffy room, loosen a button, put on a sweater or take off tight shoes, right?

Contrast that ability to **handle your own comfort** with the feeling of not being able to deal with the situation you imagined first. How are they different?

I'm sure there are lots of details related to how you had-to, or could-not, do certain things in that situation. I bet that it was rough. But in the simplest of terms, you survived, right?

I'm by no means making light of your experience. Quite the opposite. And the great news is, **I know how you can feel better in situations like that much, much more of the time.**

But to get there, you've got to realize something about our society that really bugs me. For the most part, we are trained to expect that we can't just be okay. There must always be something dragging us down or making us feel [you fill in the blank].

But you know what? **Unless you are actively on fire, chances are pretty good you are mostly okay in any given moment.**

Take a second to let that soak in.

Separate from the pressure, disappointment and worry we have all come to know and love, **you are more fine than not, most of the time.** And "right now", regardless of your spiritual bent or view of physics, really is all you've got to work with.

Wouldn't it be great to know in your heart that you can handle whatever comes your way?

For example, I know this woman, we'll call her Ann since I'm not about to breach her privacy—who regularly panicked over arguments she was **about to have** with her boss. Real shaky—I-might-have-to-change-my-sweat-soaked shirt later—kind of stuff. I emphasize the 'about to have' because Ann's anxiety didn't result from actual bad interactions with her boss. The anxiety came from what she was **afraid** might be said.

Have you ever had that experience? Assuming that whatever is about to happen will be terrible? You might even say, "Yes, but—I've had bad experiences in the past." Of course you have! But **being afraid that your next experience will be like all the others isn't going to make this one any better is it?** Just like Ann, you have the option of taking a moment to assess your 'mostly okayness', make whatever adjustments you can, and then move on knowing that **you will thrive**, no matter what happens.

Want to know more about how you can do that, quickly, easily and with more satisfaction than you might imagine? Give me a ring at 1.866.821.9386 for a free no-obligation consultation, or email me for details.

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