

Got angst? Get rid of it!

Do you find that you have some favorite complaints? Sayings that make your friends or colleagues roll their eyes because your tune sounds like a broken record to them? You have the power to get rid of the angst in your life.

Examine your life. Is there anyone or anything in it that is not working? If so, ask why it is in your life. If there is no good reason, remove it from your life and eliminate the angst. For example, if you love a particular brand of frozen waffles, but your regular food store often is out, do you complain every time you can't get your waffles? If so, you have at least three choices to eliminate the angst. You can switch stores to one that always has your waffles. You remove the person, in this case the store, that caused you angst. You can change your brand of waffles to one that your current store always stocks. You remove the thing, the waffles, that caused angst. These scenarios assume, of course, that there is no good reason why your current store or your favorite waffles must remain your store or your waffles.

If there is a good reason, keep the person or object, but revise the relationship. What would an ideal relationship with the person or object look like? If you really like your store and your waffles, you can keep both by choosing to accept matter-of-factly those occasions when your store does not have your waffles. You keep the person and the object, but revise your relationship with both.

The key is, you have complete control over all of these possible choices. If you think you have no choices because other people call the shots, shift perspective. For example, I charge my cell phone in the laundry room. I used to leave the phone on top of the washer or dryer. Since I don't handle the majority of laundry in our home, my spouse often moved my phone around. This left it in danger of getting soapy or overheated. After weeks of having my phone endangered, and hearing the angst record in my head, I realized I had a choice. I could complain to my spouse. Or, I could move my phone! Now, I keep my phone on the window ledge, where it is safe and still visible as I leave the house. By making a choice and addressing what I controlled, I completely eliminated my angst.

Next time you feel angst, remove it from your life by:

- 1) identifying what is not working,
- 2) eliminating it if no good reason to keep it,
- 3) revising any relationship you keep by addressing what you control.

Acknowledge your progress. Keep making your vision real!

Next month:
Are you taking care of yourself, first?

Tips for Living

Brought to you by

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The Third Week of Every Month

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