

DIET TIP:

If you think you're hungry you might just be thirsty.

Drink a pitcher of margaritas and see how you feel.



"Hey, kid. Wanna buy some straws?"
"You got the bendy ones?"
"Bendy with stripes, my man."

Although their music was cutting hedge and highly sod after, it was only a topiary gig.



IF I CAN MAKE ONE PERSON LAUGH LONG ENOUGH TO FORGET THEIR PROBLEMS, THEN MY DAY WAS NOT WASTED.

Darth Vader's rarely photographed wife



-Ella.
Ella Vader.



LAW OF MECHANICAL REPAIR

As soon as you hands become coated with grease, your nose will begin to itch, and you'll have to pee.

Saw this on a bumper sticker:

★ Dinner Party Candidate ★

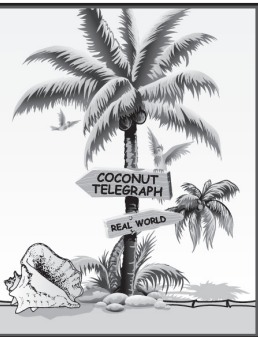
HANNIBAL LECTER

Ending World Hunger, One Person at a Time

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I Stormed Out

It was a typical, weekend Publix run. The fam and I had wandered every aisle and were ready to check out. We picked aisle 6, patiently waiting behind another shopper before unloading our cart onto the conveyor belt. I proceeded to get lost in thought (a common occurrence) while reading magazine covers.

I looked up and suddenly realized my people were no longer with me, and some strange lady was looking at me like, yo, are you going to move? I guess aisle 7 ended up being a quicker check-out choice and my hubby and tiny human had relocated. I didn't notice. I quickly scanned the store, saw them and moved to join them. According to me, I was a lit fuse ready to explode. I was so furious that they

didn't say "Hey Dawn, we're moving over here."

According to my husband, it was totally innocent, and he had no reason to think I would be upset. After all, I wander off all the time. (I do tend to operate in my own little world). So, I say "that was not funny. totally uncool." He says, "well it's a little funny" and chuckles. I flipped out. Without another word, I stormed off headed for the parking lot. I'm sure it was a combination of "I'll show you" and legit internal distress, not knowing what to do with myself.

It was nuts. The whole thing. I spent hours freezing my husband out while simultaneously thinking "this is not rational, Dawn."

He came to me with a euphemistic olive branch and asked if we could patch things up. He wanted to understand why I was so upset. I explained that I felt left behind, embarrassed and then incensed that he would smirk at me instead of apologizing right there in aisle 7. In sum, I got my feelings hurt, and he was to blame.

Wait, what?!

It took me 2 weeks to figure out what I'm about to share with you. Once I figured it out (this revelation), it blew my mind. I promptly went back to my husband to make amends.

First of all, you can't hurt feelings. Anger, sadness, fear, embarrassment; they can't be hurt. I can feel them, and they may be painful feelings, but that is an entirely different concept. The idea of "getting your feelings hurt" implies blame. There are perpetrators and victims. But noticing feelings and taking a moment to

by Dawn Wiggins, Ed.S.

explore the situation is empowerment. It's taking responsibility for my experience in the world and my relationships. This way is automatically less dramatic, less conflict and more straightforward to resolve.

Second, my husband was utterly innocent. Do I wish he had noticed how upset I was, of course. But, he didn't. And, he certainly didn't intend to hurt me. It all happened so fast.

Which is another HUGE red flag. When feelings get this big, this fast, it's a big clue that something else is going on. In the therapy world, we call this a trigger. I wasn't responding to what happened in aisles 6 and 7; I was reacting to a whiff of a previous experience locked in my long-term memory (probably from around age 7).

Now, I was able to figure all this out because I've spent a lot of time learning about human behavior and what it all means. Here's what I want you to take away from this: (other than a giggle at how ridiculous I must've looked sitting on the bumper in the parking lot)

1. Stop blaming others for your feelings. And stop expecting people to read your mind. If you don't like what you're feeling, take the time and responsibility to change your life or your circumstances. Happiness and peace are an inside job. It's no one else's responsibility to facilitate or accommodate your experience here on earth.

You have the power to unlock your own meaningful and rewarding life experience. I'm not saying it's going to be easy, but I am saying it's worth it.

2. If you are 'getting triggered' by any of the

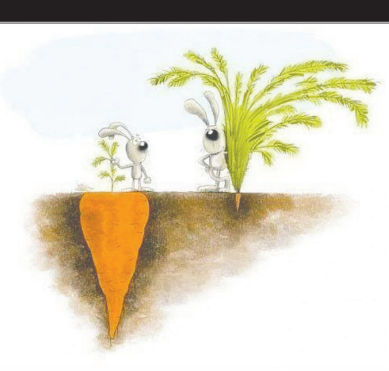


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people I listed above, understand that the experience you are having is a memo. A critical memo. Your mind and body are working together to communicate something epically important to you. There is something deep inside of you and your long-term memory that is asking, no, begging for your attention. It's saying 'I need your help, please heal me.'

You can run, but you can't hide. You will repeat the cycle over and over until you heal. Running leads to burnout, bitterness, guilt, blame, and arrogance. The only way to live with these unhealed experiences that unearth painful feelings is to blame someone else, detach from them or go numb. The more you repeat these unhealthy things, the further and further you get from your real and authentic self.


So, please, come back! Come back to the true you. You are worthy, valuable and loved. Become willing to heal and find peace. I believe in you.



SUCCESS

It's Not Always What You See

I AM NOT DRUNK. I'M EXTREMELY HYDRATED!



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