

## WHY DO PEOPLE LET US DOWN? MAYBE, TO TEACH US?

### From the book, *Rise to the Next Level* by Mary Anne, ©Annie Press

For the most part, I've learned that negative feelings like being angry, upset, hurt, sad, depressed, or vengeful are such a waste of time. In addition, it transforms me into something I'm not. It makes me ugly, unproductive, and usually regretful, as I push something I really wanted away from me. I say, "I've learned for the most part" because here I sit, writing this at 3am on a Saturday morning, without a wink of sleep on one of the rare days I have a chance to sleep in. Hardly productive. Hardly what I wanted for myself today. Yet, I am learning. . .

About 10 hours ago, I felt hurt and let-down by someone I care about. At that very moment, my highly-productive week came to a dead stop. All my rushing around and extra efforts to prepare for a "perfect weekend" have me exhausted and confused, as I have done absolutely nothing since then besides veg-out, tear-up occasionally, and finally, force myself to think through the positive reasons why this might be happening. It wouldn't take me so long to let myself look for the positive reasons, if I'd give up the pity party of feeling hurt...in my case, it only took me 10 hours, today!

So I think I finally know why. I went into yesterday already exhausted—exhausted from putting what everyone else around me needed, before even thinking about what I needed or wanted, all week. I made assumptions that if I took care of everything else, it'd put me in a position where I could take care of me and my needs. Then, one person's change of plans blew my whole plan apart. I recall very quickly now, that when we don't do what's best for us, we automatically affect those around us in a negative way. **It's never just about me; it's never just about you. Everything we do has an effect on the rest of the world.** Even if you isolate yourself, you're still affecting someone by what you're not doing, but should be. I've been negatively affected by both what this person is doing AND by my failure to myself. And now my unproductive, off-course behavior is having a negative effect on the person I care about as well. I have a mess that I have to try to explain to this other person. I have a mess that I need to turn around for myself, to keep from feeling further disappointment in myself. Thank you, God, for the sleepless night that is forcing me to do something about it before the weekend's over. I realize You were here all along, trying to help me understand; You were simply waiting for me to want to look for it, as You never force anything on us. Thank You for that beautiful gift of free will . . . even on days like this, where I'm my own worst enemy. . . I think? :)

I'm thinking it's all very simple and wouldn't have taken me 10 hours to come up with, had I not coated it in so much junk and over-thinking to start with. I'm pretty sure this can all be prevented in the future by doing a couple very basic things: 1) Communicate better with this person; 2) Don't make assumptions about what the other person is planning; 3) Encourage the other person to do what is best for them more often; and 4) Keep what's best for me in the mix of what I'm spending my efforts on.

Again, I realize that if either one of us had kept better sites on what we wanted for ourselves, the situation would never have happened. Both of us are to blame for letting a crazy-busy and chaotic week interfere with what we really wanted. I am responsible only for myself; I have no claim to being upset with this other person, as they are only human, too. It reminds me to be a little more understanding of others that let me down in any way. It's probably not what they set out to do, rather, it's probably just the effect I'm feeling, from them not taking better care of themselves and going after what makes them truly happy, deep down and long term. My job at this point, is to climb out of my self-pity pit and take a good look at the big, open world around me, and go back to what I know will make me feel proud, content, and productive with my time, once again; and the sooner, the better. Once I do this and have a clear head, I need to communicate unemotional facts to the other person, as to what I'd like in the future, to keep this situation from occurring again.

While this very simple thing works for my situation today, realize that there are times when some people neglect their own needs to the point where they almost always have a negative effect on you. When it's this extreme, you have to decide what's best for you, even to the point of distancing yourself from them, either temporarily or permanently. (More in my book, RISE ABOVE, on that.)

For those of you who have read my book, I want to point out an important fact in all of this. I have NOT spent any time in the last couple of days focusing on what my perfect day would be, which I am adamant about doing, so I take full responsibility for where I'm at. I left it to random fate, or perhaps, I even brought it on myself, getting stressed out about getting everything done so I wouldn't be where I am now, on my precious weekend. I gave more focus to where I didn't want to be, than on what I wanted, so I know, it's my own dumb fault. There I go, being all human again! Might as well use those distractions, short-comings, and mistakes to keep learning and growing! ;) )

Warmest wishes that my hard lesson has a positive effect on you, somehow! ~Mary Anne