

## WHEN SH\*\* COMES YOUR WAY, SIDE-STEP IT

**From the book, RISE ABOVE THE SH\*\*! by Mary Anne, ©Annie Press**

### Wading in SH\*\* will make you feel SH\*\*\*Y

Grudges. Resentment. Jealousy. Revenge. I'm not gonna lie to you. SH\*\* will flow your way, sometimes. People will wrong you. Things will not always go your way. SH\*\* comes running around your toes, your ankles, or even all the way up to your neck, sometimes.

Don't let it pull you in! If you do, you'll sink right into it like quicksand, only it's much uglier, and a whole lot stinkier. It drowns you, and covers you with an icky layer. On the other hand, if you find a way to rise above it, you will feel success and shine like you never imagined.

Yeah, people will use you. People will take what you feel is rightfully yours. People will hurt your feelings. When something bad occurs, you have two choices. You can go along with the flow of the crap, floating down the river of SH\*\* and give 'em what they really deserve. You can grow horns and one-up them with something even worse. You'll show them!

Guess what? What you're really doing is showing everyone that you are no better. You're a piece of poop, just like the person that wronged you. You belong in the same miserable world that they live in. You belong in the river of SH\*\*. And honestly, that's what you'll feel like. It will not make you feel good. Oh, you may fool yourself into thinking that it'll make you feel good, temporarily, but it's really a lie. Deep down, you're not proud of yourself.

I know you are probably angry or hurt, and would love to lash out. It's okay to acknowledge that. It proves you have feelings, unlike this other person. What's not okay, though, is letting that person control who you are or how you behave. You have to stay in control. You have to keep your dignity.

So what do you do? Well, if you can, walk away from the situation completely. Even when you run into that person, ignore them. Block out all bad karma from your view. Don't waste your energy on them. Everyone will notice, including them. It'll make them realize you are a step or two above them, and it might even make them stop and think. No promises there, but once in a while, it makes them realize they're not so cool. Personally, I feel sorry for mean people and view them as "emotionally handicapped" and very miserable with their life. How can they not be, since content people have no reason or desire to treat others badly, no matter what's going on. I thank God that I'm not miserable, like that person probably is.

Can't walk away? Okay. When you have to communicate with them, promise yourself you won't compromise who you are because of them. Only behave in a way you (and your momma) would be proud of. No matter what they do or say, stop and think, so you can side step their crap.

You can be sarcastically nice, if worse comes to worse. For instance, let's say you run into someone that totally used you, and you catch them watching you. Things get deeper, when this person approaches you and tries to talk to you, in a group of people. You give them a huge smile, and one-word answers. They continue to press you, and might even try to use you again, pretending they did nothing wrong.

Oh, this could really get to you, because they are completely insulting you and trying to use you again! Unbelievable! They may even bring up the uncomfortable topic. Here's the deal. You don't have to respond to them, but it feels better if you politely say something to let them know you don't have time for their kind. Even if they ask you a direct question, you do not have to answer them. You can choose to side step it.

With a huge smile on your face, just say something like, "Oh, you know what? I see someone I want to talk to. Have a REALLY good day!" This makes it very clear to them they can't make you go there, and that you don't want to talk to them. It also lets them know they didn't crash your world—you're still going about your business and socializing. Emphasizing the "really" can be taken many ways. And guess what else? If this person has an audience, or tries to bitch to someone about you, what can they say? Not a darn thing, can they? You did nothing wrong. You come out smelling like a rose. They take their SH\*\* with them. Sweet.