

AAAAAAAAARRRRRRGGGGHH!

(Whew! That felt good!)

Epilogue: Epilogue? I can hear your confusion. “She must be crazy. Epilogues belong at the end, not the beginning.” I can assure you that I say epilogue on purpose. The reason being that what I am writing now happened after what I wrote in the middle of this article. I have to tell you that I hesitated somewhat in writing this article simply because now, looking back, I think I sound really stupid. I finally decided that I would let other people read this article because it is real. My hope is that there are others of you out there that have felt, or are feeling, the way I felt when I captioned the title to this piece. That very large “aargh” was completely genuine. As I wrote, I didn’t describe the reasons for my frustration or even really the depth of my frustration. I figure that it isn’t really important to know what the source of my frustration was as much as the fact that I was extremely “put out” and ready to blow some steam so to speak. Also, just to let you know, you are getting a very small blurb in comparison to what I had worked myself in to. Perhaps if I had written it a couple hours sooner, I would have been too engulfed in my frustrations to take any steps toward resolving my feelings. So, here goes:

I am writing this in the middle of being frustrated. Very frustrated! There seems to have been nothing but problems with various school things today. Many of the things I am frustrated with are not at all under my control. So...what am I going to do about it? Hmmmm. Not exactly sure yet. But, I decided to write because I am trying to be real. Yes, I have been doing this for a long time. No, everything does not always flow smoothly.

What to do? Well, I don’t want to sit around and whine about things, do I? I really want to be done being mad, I think. I have done everything that I can do to resolve the problems today. Wow! Hello! That is quite the realization right there. Can you say, “the lightbulb goes on?” Seriously, I now need to ask myself why I must continue to be in a frenzy when I did everything I could.

In the book “Pippi Longstocking”, Pippi has no parents living with her. Tommy and Annika are astonished by this knowledge and wonder who tells Pippi to go to bed or to behave when she needs to be told. Pippi lets them know that she does this herself. First, she tells herself nicely. Then she comments that if she doesn’t obey herself, she reprimands herself more sternly. Finally, if these things don’t work, she punishes herself so that she must do the necessary thing. I have thought about Pippi often now that I am an adult. No one tells me to stop fussing or I will be sent to my room or some other form of discipline. It is up to me to say to myself, “Self! Listen to me now!” And if I don’t listen, I better tell myself more sternly.

I suppose that I am in need of a talking to. Do you mind if I just do that right now? (If you mind, please stop reading.) Okay, here goes.

“Self! Are you listening to me?”

“Yeah, I guess so.” I answer noncommittally.

“Not convincing enough!” Self demands.

“Okay! Okay! I’m listening!” I relent.

“You know, it is okay to get frustrated,”

“Yes, of course, that is why I am doing it!” I interrupt in a snippy tone.

“Please! Don’t interrupt! As I was saying, it is okay to become frustrated. You are only human. However, it is no fun to stay that way. You need to find a way out of it.”

“Yeah? Such as?” I am skeptical.

“For instance, you recently acknowledged the fact that you had done everything you possibly could about the frustrating issues today. Therefore, grab that frustration and remove it from your mind. There is no sense in holding on to it for the rest of the evening when there is nothing more you can do. It is possible that some of the frustrations will be resolved by morning without you having to do anything else. And, for the things that still need your attention, you will be able to handle them in a better manner if you don’t continue to stay upset now.”

“That’s easy for you to say! And besides, I can’t just forget about these things. They aren’t just going to go away.” I fuss.

“Aha! I didn’t say to forget about the issues! I just said to let go of the frustrations. The issues will get resolved when they get resolved. Being upset and frustrated when you can’t do anything about it isn’t going to get them resolved faster.”

“True.” (Drat. The other voice is being wise again.)

“So, let them go for now. Enjoy your evening. Try and work on things again tomorrow as needed.”

“Okay. I will try it.”

Now, I will leave off from this article and report back tomorrow evening so we can see if my pep talk actually did me any good!

I’m back. It was a good pep talk. It is surprising to me now how worked up I was. I do understand why. It was simply because one thing kept piling on top of the next within that day until I couldn’t see straight. I wasn’t looking at the big picture because I couldn’t see the big picture while all the “garbage” was stacked up in front of me way above eye level. My self-talking-to-self talk allowed me to peel away a few layers of junk. At the time, I had just wanted all the problems to disappear right away. Once I had my talking to, I started thinking about the fact that it wasn’t even reasonable for me to think that all the problems could be resolved in less than 24 hours. How often I need the reminder that when all I am seeing is problems that I need to look in a different direction.

You know, this time I was able to get over my giant “aargh” fairly quickly, but sometimes I do sit and stew and fret and worry for way, way, waaaay too long. I am sure everyone does this from time to time. As long as I keep getting back on the right path and don’t choose to stay on the fret and worry road, I have to give myself credit for doing alright.

It was actually a very good exercise for me to write these things down while going through them. I think that may have helped clear my brain a bit faster. Give it a try yourself sometime and see if it helps. Remember Pippi's advice too.

I must now conclude by saying that I hope you all will realize that you are not alone in times of "Aaaaaaaaaaaaaargh!" And thanks for bearing with me.