

How to Be Happily Rejected

By Patricia Morgan

There is a theory that humans fear two main conditions—to be invaded physically and emotionally, or to be abandoned physically and emotionally. It's hard to believe we could ever be happily rejected? My invitation is to play with some mind aikido and keep your awareness open to the experience, perhaps even becoming playful. Can you imagine feeling grateful to be rejected?

One evening the phone rang and a young woman's voice said, "May we have 10 minutes of your time for a mental health survey?" Here is the gist of the ensuing conversation:

Patricia: Why, of course.

Interviewer: Answer "not at all," "sometimes" or "often" to the following questions: How often to you feel hopeless about your future?

Patricia: Absolutely, not at all! Already life has been full with much to feel grateful. Plus I plan to visit my Mom next month, write another book, travel and create some super duper presentations. And did I tell you I am ready for a new trendy hairdo?

Interviewer: How often do you think you are not as good as other people?

Patricia: Not at all; although I suppose I might if the Queen came for tea. I used to feel less intelligent than my sweetie, Les. Then one day our young daughter said, "Maybe Daddy knows lots but Mommy is really, really good at making things up." I've embraced the idea that we all have unique intelligence, gifts and strengths.

Interviewer: How often do you think that everything is an effort?

Patricia: Not at all since I started doing more of what I love to do and less of what I dread. And, I don't even feel guilty that my NOT TO DO list is longer than my TO DO list!

Interviewer: How often has the pleasure and joy gone out of your life?

Patricia: Since I accepted responsibly for my own happiness, very little. If anything, the pleasure in my life has increased. There are moments I naturally feel sad, scared or mad.



Those feelings will pass, particularly if I attend to them—just like attending to a little kid who is hurting and wants a hug or encouragement. Pleasures and joys are typically waiting around the corner.

Interviewer: Thank you m'am.

Patricia: Wait! That wasn't 10 minutes and anyway, I'm enjoying talking to you.

Interviewer: I'm sorry, m'am, but I have to reject you because you don't qualify for our survey. You are much too happy!

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