I THINK THERE'S SOMETHING

WRONG WITH ME

Seek out the beast within and kick some ass!

Do you feel like you're just not always in control of yourself? Do you find yourself disappointed with how you act and react sometimes? Do you fight with yourself to go after what you want? Do you think that maybe there's something wrong with you? Well, join the club.

The reality is, every normal person has something "wrong" with them. Did you get that? Every single individual has something they themselves consider "wrong" with them. Well, gee, have you ever heard the phrase, "Nobody's perfect?" Where do you think that came from? Maybe from the fact and the reality that nobody is? Ya think? So don't worry so much about your goofy little SH**. Seriously. I think that even if a person were raised from birth in a "perfect world" bubble, they would still not be "perfect." It's a natural fact. But it's a beautiful thing.

How much character and personality would we each have, if things we experience in life didn't affect us? It molds us into what we are. No two people on this planet have exactly the same experiences, and thus, no two people turn out exactly the same. It gives us our beautiful uniqueness, faults along with the gifts. It's really very cool, if you think about it.

So why are faults or shortcomings good? Well, there's quite a few benefits. First, let's look at how it's good for the individual. If you know you aren't perfect, you are blessed with built-in modesty. You possibly have a desire to improve yourself or strive for higher things. You feel like you have conquered the world whenever you make it through one of your encounters with something you fear. You have compassion for others that struggle with the same fears, and it creates an automatic personal connection. The list goes on and on, but you need to realize that sometimes what you consider a "flaw" actually serves you. It can also serve others, especially if you have good intentions.

People need people. I'll lecture on this over and over, until people start listening! Our flaws, our fears, our lack and our needs force us to lean on others, at least now and then. Again, it creates natural personal connections as well as community connections. Not only are there other people around to help you with your inabilities, but you are there to help them, too. Isn't it a beautiful world? We were given everything we need, so long as people just acknowledge each other every now and then! I really believe this is key.

But maybe you say you've had enough of your blemishes and you don't want to expose others to them? That's fine, but don't burden other people by withdrawing from them. There is always something you can do to get your SH** together. What really helps me tackle something that I'm disappointed in, is to get to the root of the SH**. Often times, getting to

the bottom of it will make it nearly disappear, instantly! I'm not exaggerating, either. Try it, you'll like it!

So how does one go about finding where all the crap begins? Take some time to think. I mean, really think. Find a quiet place or anywhere that you can hear yourself think. I love thinking through things while I'm lying in bed with my eyes closed, either just before I go to sleep, or right when I wake up. It's easier for me then because all the distractions of the day are not there. I can focus on ONE thing and give it all my attention. I keep a notepad by my bed for other things that pop in to my head—things I'm afraid I'll forget—so I write down the reminder and then I push the distraction out of my head. The notepad is also good for jotting down new ideas or things I might want to do to move towards something, or things I want to think through a little more. The worst to me is losing a brilliant thought because I was half-awake. I have to admit, the majority of my inspirations hit me clearly during these times.

Once you have your quiet time to focus, bring out one thought of something that's bothering you. Did you react to something in a way that disappointed you? Are you fearful of something you don't want to be? Did something give you negative vibes or feelings? Okay, we need to find out why. The why is SO important! The "why" is going to help you move on. Actually, it's probably the only thing that's going to allow you to move on.

Fears, self-defeating actions, and insecurities, I think, come from a past experience or experiences. Somewhere, somehow, you had a negative feeling from something that happened in your past. You probably barely remember it, and you may have naturally suppressed it altogether. It could also be from something that didn't even happen to you, but something that you observed or heard about. So see, we can't just order a perfect world.

So ask yourself, why do I do that? Or why does that bother me? Now dig, and dig deep! Think back as far as you need to; very commonly, this is way back to when you were a kid. Allow yourself to try to remember the first time you felt that negative feeling, fear or insecurity, or whatever the feeling may be. The occurrence may be painful. It may be traumatic, so take it at your own pace. It may be the other extreme, though, where you barely remember, but nonetheless, it can affect you. Did you find it? Or find part of it? Good. That is huge!

Once you have some idea when it all started, ask yourself some questions and give yourself honest answers. And through it all, pound into your head that what happened in the past is done. It can no longer hurt you. It's over. Let it go. As soon as you do, it's as simple as that. It can't affect you anymore. So if the negative feelings start up again, realize that something triggered it. Something made you refer to something in the past. That's fine; acknowledge the feeling was awakened. Then, remind yourself you don't want to feel that way anymore and that it's all in the past, so discard it and move away from it. React the way you really want to, not the way you had habitually responded before. And be forgiving to yourself!

Although you're going to lick most of your "flaws" using this easy process, some may take more time or efforts. And don't be hard on yourself if once you have conquered it, the demon shows up somewhere down the road again. Keep it temporary, kick its ass, and move forward. Don't be discouraged and let it fool you into thinking you have lost. Don't let it lie to you and tell you

that you can't do it. Take it day by day, in baby steps some days perhaps, but then leaps and bounds on the days you feel strong, all the while remembering why you need the change. Don't give up and you will kick its ass and leave the SH** in the past for good!

For those really tough things, realize you have endless resources to use to conquer and change it. If you want to keep it to yourself, check out all the books, internet information, or articles that may be around on the topic. Trust me, someone, somewhere has written about it in an effort to help other people through something they struggled with. Take what works for you and leave advice that doesn't work for you behind. Keep digging and don't give up. You will find something that works for you and you'll wonder why you didn't do it sooner.

Don't get frustrated if you have to make adjustments and try again, or try a combination of what others recommend. Do what is best for you and go with what works for you. No one is exactly like you, remember? If you're willing to share your "problem" with other people, remember, that's what people are for. Tough issues usually have support groups and organizations that can help, but friends (and sometimes complete strangers) can also utter a word or two sometimes that will resolve all your woes.

Remember, when people give, it makes them feel great, so you're helping them too. It's not one-sided. Also remember, there are doctors trained to help people with the tough things. A good psychologist is often available with health insurance or a company employee assistance program that will pay the bill. And even if you have to pay out of your pocket, isn't your sanity and happiness worth paying a few bucks, if necessary? Once again, if the first person you seek out is not helping you, don't be discouraged. Keep looking and keep talking until you do find someone that can relate and offer advice that helps you. Never give up on yourself!

Whatever your imperfections, don't be so distorted to ever think you're the only one. You are extremely incorrect on that thought! Everybody has a past; everyone has fears, insecurities, or shortcomings of some type. It's normal and it's natural. But if people help people, guess what? It all works out. It brings us closer together and it defines us, so it's all good SH**.