

Life is Like Making Chocolate Chip Cookies

Sample Chapter

Chapter 27

When Is It OK Not To Be OK?

We have made agreements based on what society tells us to think, feel, and should or shouldn't be. It is near impossible most of the time to gauge if it is our own perceptions or those thrust upon us by society.

A friend of mine was in a deep state of depression. And, she was throwing herself deeper into it. One of the reasons for this was her perception of the depression itself. A perception perpetuated by society.

She was felt guilty because she was depressed. This guilt made her more depressed. This in turn made her feel guiltier. And this in turn... Well you get the picture. It was a vicious circle. She was falling deeper and deeper into her depression.

One day we were talking on the phone. I told her it was okay to be depressed if that is what she wanted. Why did I tell her that? If she could have permission to be who she is and be what she is, it would be easier for her to evaluate her life and pull herself out of the depression or get more help to do so. It helped to relieve the guilt that was adding to her depression.

This friend finally managed to get some more help for the depression. She is doing better. By giving herself permission to feel bad, she gave herself control of her own life and allowed her to do something about it.

When we don't give ourselves permission to be sick, tired, lonely, or any other state of mind, we beat ourselves up. That makes the situation worse. When we give ourselves permission, or allow someone else to give us permission, we are enabling ourselves to find avenues to make ourselves and our situations better.

According to the agreements we have made, it is not all right to be angry, sick, intolerant, or any other emotion that society has dictated as negative. When in fact it is okay. It is okay to feel anger. It is what you do with that anger that determines if it is okay or not. It is okay to feel depressed. It is how we handle that depression that determines whether it is okay or not. This applies to all emotions.

Each person, each case, is different. No two people are alike. You must do what works for you. Stop beating yourself up! It is okay! Saying okay brings a positive spin on a negative situation. If you say okay often enough, the sunlight breaks through the depression, the guilt and anger melts away allowing you to live a happier life.

Don't let agreements made by others dictate your life. Just remember, it is how you deal with the situation that matters. It is okay!

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