



What's the first thing that comes to mind when you hear the term "surrender?" I bet you made a face! My goal is for you to feel better about the concept by the time you're done reading this. Surrender doesn't need to mean giving up or giving in. It is just the acknowledgment of the situation and the gift of a new perspective!

So what did you think when you read it? Perhaps weakness, resignation, or withdrawal? Imagine the possibilities if your definition evolved into something more like yielding to a larger force that's presenting an opportunity, as in a good thing. What if surrendering was a chance to change direction through insight instead of resistance?

Here are two very different definitions of giving way worth recognizing. Sometimes to resistance to surrendering means abandoning a rigid, ego-centric way of thinking rooted in a survival mindset reinforced by being right. Too harsh? If you're not playing in the self-development sandbox yet, this is probably more familiar; disregarding what you know is right to keep the peace.

Most of the time it feels easier to stop the pain as quickly as possible than to endure what's necessary to work it through to the other side. This tactic is a temporary fix. Been there, done that.

Since my writing for the week tends to directly relate to something I've just come through or am in the midst of, I must share the following in hopes it may be of service to you. In the last two days, I seized the invitation to make some dietary changes and get my energy back. It would've been easier to surrender to aging and a less active lifestyle, because I LOVE bread, over easy eggs and ganache. It turns out; they don't love me back. I'm embracing the challenge of eliminating sugar, eggs, wheat, and dairy for a few weeks. If it takes a few months, so be it. Then there's the regular exercise. All good things, but not anything I'd enthusiastically jump into just for the sake of doing so. I saw the wisdom in treating my body better and stopped fighting to begin embracing the possibilities.



Sometimes the act of surrender is a mere inconvenience such as getting interrupted or changing direction on a project. When I'm in creation mode, I get cranky when my train of thought gets disrupted. Have you ever heard of the 8-minute rule? A study proclaimed that when a person is interrupted, it takes them 8 minutes to get back on track with their thoughts. I think the surveyors underestimated! If you're in an office setting where you have no authority to stop interruptions, it'll save you a lot of stress if you accept the fact disruptions will happen and find the best way to adjust to them. If you do have some control, set boundaries. Not a fan of the word surrender yet? Try fighting your way through traffic. There's not much you can do, so why not surrender to being delayed? Make a call and get over it. Being angry and frustrated takes much more energy than being accepting of a situation. Consider refocusing the frustration and solving another problem to make the most of your time. It's a good idea to keep a notebook in the car for such occasions. Seems like a better alternative than leaning on the horn and getting upset. There is wisdom lies in knowing when to withdraw, when to yield and when to abdicate another position.

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