



Do you view friction as an invitation to grow or do you run the other way? If you're inspired to embrace the discomfort of doing anything for the sake of personal development (that you'd rather not) for just a few moments by the end of reading this, mission accomplished. Irritation can be one of your greatest teachers once you master how to work with it.

Look no further than your kitchen cabinets, a woodworker's shop or a fitness center to find an abundance of tools available for manipulating things you can wrap your hands around – food, wood, and your body. When it comes to matters of the mind and heart, where do you find tools to transform agitation, antagonism, or incongruence into a positive mental or emotional state?

Are you a rare breed of human being who enjoys confrontation with the uncomfortable because without it you don't feel you're making progress? For those who thought YES, you're not alone. I often think there has to be an easier way but have yet to find it. Life is more stimulating when there is a challenging force outside of me I feel the need to push back on. The resistance is an invitation to redefine a skillset. That written, here's a disclaimer I frequently tell my clients, "Be careful what you ask for!"

After a lot of practice, the desire to push back now gives me an opportunity to examine the source of my "unease" for what it is and find the lesson within the experience. Some weeks this feels like an everyday occurrence. When the same circumstance keeps showing up wearing a different mask, I know I'm stubborn and stuck in an old mindset. Choosing to invest the time, emotion, energy, and money in addressing a problem as opposed to ignoring it has always paid off. It hasn't always been this way. Like yoga, it's a practice that requires vigilance to master.

At any given moment I bet you can list a half dozen or more items that can produce a source of irritation depending on how much attention you pay to them. Averting conflict although initially easier never solves the problem and will come back to bite you.

In the roughest moments, you'll learn the biggest lessons. You know those "character building" or "in your face" moments! It's never fun to realize you behaved like a buffoon but when you can pick up the pieces and eat a little crow, you'll be a better person for it. Please pass the salt. Sometimes you can see these events coming, and other times they completely take you off guard.



Friction will produce a thing of beauty over time. It requires sandpaper to create a smooth finish on furniture and a pottery wheel with capable hands to mold clay into a work of art. Then there's exfoliating; the action of removing dead layers of skin to reveal a beautiful glow

If there's too much resistance, then perhaps it's not the right path. If you're insistent on staying the course, ask yourself why this is so important. Do you need to prove a point that to yourself or another? I've done plenty of things in my life just because someone told me I couldn't. Perhaps not the best motivation, but it certainly sparked something in me. As a result, I learned a great deal about my strengths and my weaknesses and had some great experiences. Would I do those things all over again? You bet. Do I still do things because someone tells me I cannot? Not so much.

Be sure to check out the Facebook Live on Healing Through Your Story. Airing Wednesday evenings at 6:30 pm EST. Each episode is a lively exploration of the blog post! See you there.