

Go with the flow | Christin Smith Myers

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I spend a lot of time trying to convince others not to argue with reality, because it's a fight they'll never win. I've repeatedly urged my kids to "go with the flow" so they won't be disappointed. Yet I find myself getting frustrated when things turn out differently than I requested, hoped or expected (which, of course, is almost all the time). This is particularly the case when it comes to my husband and kids.

My name is Christin, and I am a control freak.

As tempting as it is, I am not going to make excuses. Instead, I'm going to make a plan. And it strikes me that this plan may be helpful to others as well.

The thing is, I often know I'm being unpleasant when I bring up these things but can't seem to help myself and then I'm having an argument I've had dozens of times before. I'm going to create a new pattern.

Before I open my mouth to complain or question, I'm going to ask myself, "Does my opinion on this really matter? Or am I just attempting to control the situation?" And if it turns out I'm just trying to control something that isn't my business or doesn't really matter in the grand scheme of things, I'm going to take a few deep breaths and go with the flow.

And if I fail to stop and think before speaking, as soon as I recognize I've done it, I will admit it. Out loud. "I'm sorry. I was attempting to control."

My name is Christin, and I am learning to go with the flow.