

Dealing with Unresolved Business

Recently I threw up my hands, and yelled out to no one in particular, “I give up.” My blood pressure was reaching the boiling point and everything else was playing second fiddle to my dreary state of affairs.

I was right in the middle of a situation that just was not going to be resolved anytime in the near future no matter how much effort I pushed and tugged to right it. I had reached a brick wall and pounding my head against a hard surface would only hurt me rather than the problem. It was out of my control.

No doubt you have your own personal issue or two right at this very moment, and you can relate well. You are relentlessly beating a horse to death - not really - without getting results.

Alcoholics Anonymous have a serenity prayer for the larger circumstances of life. My yoga buddies slow down their breathing and stay in the moment and clarify their purpose.

Unfortunately, or fortunately, whichever way you look at it, I am stubborn by nature. That trait runs in my genes, and I try to use it for gaining positive outcomes whenever possible.

In wiser older age, I have come to a sensible conclusion, though.

It's okay to abandon something and never finish it. It might be the healthiest thing for your mental well-being.

Incompletion is not necessarily a bad thing, or one that shows lack of perseverance. There are certain situations where it is best to move on

and live with the consequences. Perhaps the lesson is in the struggle, or you are taken in another more productive direction.

There is a sense of murkiness while you are in the struggling process, and it comes with its angst. Once you release the situation, there emerges a peace of mind if you don't slip back and revisit your decision.

On Monday I opened up a brand-new page on my calendar with a list of things to do, and I feel refreshed that I didn't plan to continue hammering on that same issue. It was over. Gone.

And I didn't tell you what the situation was either.