Get Up From The Table When Shit Is Being Served!

October 5, 2015 By Rae Lewis-Thornton

Some “things” cannot be helped, like an illness you didn’t see coming. Like last year when my Sophie was diagnosed with cancer on Wednesday and on the following Monday I had to put her down.

Like a job that ended unexpectedly, death in the family, someone hitting your car, without stopping and you are left with the task of getting a new one.

Like a person betrays your trust and your life is changed without your permission. Like recently I met a guy who had been in a monogamous relationship for five years, so he thought. After a few years of condom use, he let his guard down and now he is living with HIV. Just that quick, someone else made a decision to do something with their life and it changed both lives.

While some “things” are out of our control, there are “things” in our life we help create. Like that boyfriend that continues to disrespect you whether it be small or big, (by the way a lot of small adds up to big) yet you just keep hanging on. Like the friend who treat’s you like shit, but you keep sitting at the table where the shit is being served.

In both of those cases the fist time was on them, but everything after is about how you decide to deal with it. ***When shit is being served and you hang around, you tell that person, just by your presence that its O.K.*** It does not matter what comes out of your mouth. Action always speaks louder than words and your participation creates that "thing in your life, i.e. the stress and chaos.

Now, there is some “things” we can avoid altogether, like when you have just enough money to

pay your bills, but you purchased that new “thing” that you convinced yourself was ok, instead of paying all of your bills and now you’re stressed cause the bills are pass due. I know how this can be, a couple of months ago I broke one of my cardinals rules ***“don’t spend money that I don’t have in my hand.”***

It does not matter that I’m expecting money to come in, I just don’t over extend myself on the front end anymore. I learned that lesson so many times and I know better. Well, my fur needed to be repaired and put in storage. The furrier wanted upfront money that I didn’t have. Because he respects what I do for a living he allowed me to pay installments.

I made a commitment to pay something that day, which I did; Pay something the following Monday because I was expecting a check that Friday and then to have the bill paid in full by the end of August. Needless to say, that check didn’t come in for over a month and then everything

that could have gone wrong did, and I lost control.

First off, it made me look like a lair and because my word is my honor I became stressed trying to keep the commitment that I had made. I gave him money that should have gone to other bills, just to keep as much of my commitment as possible. You talking about stressssssssseddddd OMG! Just waiting on money to come in became stressful. And to make matters worst, everything I thought would happen the way I thought it would happen, didn't. Even paper work to process a check got crazy and I got crazier. This was a two month long drama that I had caused. I should have taken my fur back home until I had the money to pay for it.

Yep, we all got some "thing" going on in our life whether it's of our own making or not. At the end of the day though, it's not about the "thing" per say, it's about how we deal, what we learn and what we do next. You all know that Sophie's death sent me into a serious year long depression. I was in it before I even realized it, but once I accepted that truth, I started the hard work of climbing out of that darkness.

No, I didn’t look for the light at the end of the tunnel to rescue me, I started crawling in the darkness searching for a way out of the tunnel. ***Sometimes you have to do the important work in the darkness.***

Even in the fur situation, I had to accept the reality. I didn’t have the money, I broke my word to the furrier and all that I could do was make good as soon as I could. Those last two weeks before I paid him off, I decided to buy groceries instead of giving him all that I had. Lesson had been learned, don’t break that cardinal rule again for something as frivolous as getting a fur repaired.

You can’t always change that “thing” in your life, but you can determine what happens at the end of that “thing.” Like the guy who ended up with HIV. He said after some destructive behavior of his own, he literately uprooted and changed his environment. Today, he is living the best he can with what he has to deal with. Ex-Boyfriend gone, no more binge drinking, he

accepted HIV because it ain't going anywhere. He's taking his medication, his viral load is undetectable and he has excelled at work in the last year, more than he had in the past 5 years.

I don't think life is about the "thing" that happens to us, the "thing" is just the middle, its what happens at the end of that "thing" that helps to shape who you are. It's about finding yourself, finding your voice and even finding your purpose.

As you go through your "thing" remember it's not about that "thing" it's about how you deal with that "thing."

No matter how difficult it might be, you have to get up from the table where shit is being served, whether it's your shit or someone else's.

My depression hit me hard, but I decided it didn’t have to hit me forever. I got up from the table and started working with professionals that could help me, help myself. That’s how you live your best life. You take charge of those things that you can. You don’t let that “thing” control your life forever. With every “thing”you have the power to empower yourself, even in the darkest of “things.”

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