

## Inspirational Insight

### Don't take it on

A short while ago I travelled to London for a weekend conference. I travelled by train, on the 6.05am. The train was not busy so I found a seat with ease. I tucked my weekend bag neatly under the table by my feet and settled in for the journey. A suited man sat opposite me or tried to only to find that my bag was obstructing his feet. He immediately used some very unpleasant language under his breath in a way he was sure I would hear. I was shocked by his aggression towards me especially considering three of the four seats were empty. Not one for reflecting anger back I explained that I was not aware my bag would be in the way, apologized and moved it. But! As I sat there I felt myself absorbing his anger and becoming more agitated and upset. At this point I knew I had a choice I could either sit where I was and feel uneasy for the whole journey, absorbing all his negativity, or, I could gather my belongings and go and sit somewhere else. I choose to find myself a new seat. I sat down next to a scruffy builder who snoozed his journey away. It felt good to be in the presence of such peace.

The point of this tale is to remind you that in all situations there is choice. We cannot change how others behave or the situations we sometimes find ourselves in but we can choose how we react to them. I could have endured a thoroughly unpleasant journey and felt incredibly agitated by the time I arrived, instead I choose a different option and arrived feeling calm and content and a little chuffed with myself for reacting so well. Of course you may think that I should have been able to stay where I was and not taken on the negativity but on this occasion I did not feel able to do that so my reaction was the best one for me on the day.

The rest of the journey turned out to be a delight. I had several encounters with lovely people who were friendly and helpful. I wonder if I would have noticed them if I had not made that positive decision on the train?

#### **Action:-**

Carry something on your person to remind you that you can choose not to take on the negative stuff. I have a small pebble that sits in my pocket, I forget it is there but every now and then I touch it and it reminds me.

**Caroline Hart - Life Coach**

**Change the beliefs you hold about yourself and change your life**