

## Shrink Rap: You Did Everything Right

Why is it sometimes we do everything right, and bad things still happen?

In our humanity, we search for answers. We 'know' there are explanations, reasons, solutions. Or something more we could have done. We long for all the knowledge, power, expertise, and strength to protect from bad things happening.

But sometimes there are no answers. There isn't a way to make sense of something that does not make sense.

We can not 'know' what we do not know. There are no earthy reasons, solutions, explanations. We do not have the power to tell the future and cover all the bases.

We also know that giving up is not the answer. We can be proactive – taking steps to accomplish an identified goal or outcome. State what outcome you want. Name it in a concrete, measurable way. Do what you can, utilize the power to change the things that are in your control.

We can use what we know. What has worked in the past? What skills do you have that you can tap into to try to avoid negative results? Or this time, is it going to take a new skill, a new support system, or a new medication.

We can use what has worked in the past, and persevere. The adage “keep on keeping on” works well for many events in life. Rely on your current friends, family, resources, routines, and abilities.

Accept we can not control others. We can not control the weather. We are not in control of many things in life. Accept that.

Allow experiences, even when they are bad, to build resiliency. Be flexible in your views and expectations. Learn from experiences, and incorporate them into who you are as a person. Every life experience develops us into who we are, and each of us is unique and precious in God's sight.

The Serenity Prayer is such a gift: God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Amen.

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