

# Taking Things Personally

May 21

How many of us have over-reacted to something someone said thinking it was about us? Dumbfounded, even though we didn't say a word as our body language spoke volumes. Words have the power to hurt us if we see truth in them. We assume that even the most offhand remark must be aimed at us. We are ready to eat the emotional garbage others toss out; we own it.

Dr. Wayne Dyer shared a story about how, while boarding an aircraft, a flight attendant mentioned how difficult this flight would be. Although the delay was clearly not her fault, passengers complained of being three hours late. Dr. Dyer told her regardless of what is said, the words must first penetrate her jacket, her uniform, get under her skin, and reach her heart. He shared that the decision to take on disappointments and negativity of others is ours to make.

The fellowship of recovery reminds us when others speak, what they say, or how *they* react, has nothing to do with us. It expresses their agenda, their thoughts, and their feelings. The more honest we are with ourselves, the less we need to give energy to expectations of and judgments of others. People often go to great lengths to make us feel responsible for their reactions, but we are not. Our truth is all that matters. We are learning to *not* take anything from others personally. However, when there is truth to what is being alleged, then we must rectify our part by clarifying or making amends as needed.

Recovery reminds us that we are a full-time job. We are charged with the mission of discovering and honoring our authentic selves. Today, we own the power of our alignment in faith that enables us to trust ourselves, examine our truth, and watch everything else others think or say drift away.

## TODAY'S MEDITATION

What a relief to know that when I remember, I never have to take anything personally—even myself!

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*"We often add to our pain and suffering by being overly sensitive, over-reacting to minor things and sometimes taking things too personally." —Dalai Lama*