

The Psychology of Acceptance:

Pain is natural. It is going to happen when we get hurt, and we do get hurt a lot in our lifetime. This is because the world is not fair, it throws many a curve ball at us. Suffering on the other hand is when we believe that the pain we have, because life is not fair, should not be there at all. In a sense, suffering happens when we try to control that which we have absolutely no control over. It is the entitled outrage of a person playing the role of a victim. It may well be justifiable outrage, given the number of curve balls you are thrown compared to the next person, but holding onto our unfair injury is damaging. This kind of suffering does nothing to payback the person, event, or circumstance we are mad at. It eats us up, makes us anxious, bitter, emotionally spasmodic, difficult to deal with, and often damages our relationships with the few caring people who have decided to be there for us in spite of ourselves.

So start thinking this way. As far as making your life better- What is systemic is most local. This means that if you want to change your world (make it more fair), change yourself. If you change, it forces the world around you to change in response to you. You can't change the world if you believe that you are a victim. Victims wait around for the world to become a fair place. This will never ever happen. You gain control over your destiny when you think, first, that nobody has to give you one thing in this world if they don't want to and, second, that understanding this means you stop putting off your own life while you wait for them to give it to you. It's hard to let go of those people or life events that trip us up. This is natural pain and we will carry it with us for most of our life, but when you start to think that the pain should or ought to be gone, or that the person or event that hurt you should or ought to make things right for you, that you become a professional victim with clear and hopeless entitlement issues. Miserable!

It is so hard for miserable people to give up their sense of entitlement to their misery. Entitlement makes a victim feel powerful because it justifies their negative and self-defeating behaviors. It puts us in a whole new class of people who piss and moan their life away. This is where the term misery loves company comes from. Misery loves company so much that it holds us back when we try to leave it. It holds us back so much that you stop living and start dying as soon as you make it part of your life. It's a club whose goal is to die as a victim, let down by everything and everyone. In conclusion, you have two choices when you experience pain...You accept it, or you keep telling yourself it should never have been there in the first place. I hope, for your own sake, you can find it in yourself to accept your pain.

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