

Life... Planning a trip + car trouble

Situation:

Last night my husband I were driving to the store and we heard a strange whistling sound. At first it sounded like it was the car next to us. When we stopped at a red light, the sound went away. Then about a few minutes later it was back again. This is when I got upset.

Symptoms:

We've planned a trip to Pennsylvania next weekend to attend our niece's christening. "Oh, why does this have to happen now? The trip is costing us extra money and we don't need a major car repair bill right now. What if they can't find the trouble before we leave?" Immediately pictured us stuck someplace off I-95 with car trouble, having to call AAA and having to find a good mechanic. Our second vehicle has more than 110,000 miles, so taking it is not an alternative.

When we go to the store I was so pre-occupied with the car problem that I wasn't concentrating on shopping. My husband could tell that even though I was quiet on the outside, that I was working myself up on the inside.

Solution:

As soon as he said, "Christy," and I looked in his direction, I could see that knowing grin on his face. Kurt knows that travelling is not one of my favorite things. We both laugh about the fact that I'll never ever accumulate enough points to sleep or fly anywhere for free!

His little gesture reminded me that I was making an emergency out of a triviality. A noise in the car is a triviality compared to my mental health. The situation was distressing, I didn't like it. But, it wasn't dangerous at all. Not too many people really enjoy having to get their car fixed. It's one of those universal irritating situations.

At that point I had no idea what the noise could be. It might be major, then again, it might be something minor. I just didn't know. Even if car did break down on the trip, it would still only be irritating and frustrating, not dangerous.

As for the money that it might cost... of course I'd rather spend money on something I planned for, not something unexpected. Most people would. So it's average. Money has been a big link with me in the past.

In the past:

Before I would have convinced myself that the problem was going to be something major and something expensive. Now I truly know that even though I don't like spending money on large car repair bills, no amount of money is worth



my mental health. Even if it turned out to be a \$450.00 repair, it's not worth me getting or staying upset about it.

I would have worked myself up to the point where I wouldn't be able to fall asleep. Or I'd get to sleep, and wake up at 3:00 a.m. and worry and worry. I'd be convinced I would not get enough rest and that'd be tired at work the next day. In fact a long time ago I worried so much about what could happen, I would be anxious and have restless nights for all of the two weeks before a trip.

Although I still get flashes of negative scenes in my mind about bad things that can happen, I know those negative scenes are the result of my insecure thoughts. I can change my thoughts – one at a time if I have to.

