

Farm Life... No water

Situation:

I live on a small farm and take care of my own water supply. One morning I woke up to a startle when there was no water for me to use.

Symptoms:

I was angry that I couldn't shower or make my usual coffee. I started thinking of all the other things I had to do that day, and taking the time to fix the pump was definitely not in my plans or my schedule. My thoughts were racing: "How much is this going to cost me in time and money?"

I could feel my whole body tensing up and I swore a few times.

Solution:

Swearing out loud (to no one but myself) was a signal that I needed to do something to calm myself down, or else I was going to have one heck of a bad day. I started changing thoughts: Places and things don't work us up, we work ourselves up. Next, I replaced the insecure thought, "I can't deal with this" with the secure thought that I had fixed pump problems before and could probably do it again.

With a bit of money, courage to maybe make a mistake along the way, and the will to effort I moved my muscles. It ended up being the motor, so I had to go into town and buy another one and install it. The whole replacement project took about three hours total. Actually it went pretty smooth.

In the past:

Nothing at all would have gone smooth that day. I would have got mad in the morning and stayed mad. Every little thing would have bothered me, and piled up and piled up.

It really works when you take the time to cool off. Now I know it was me that was helping make all those "bad" days in the past.