

## Family Life... Aftermath of daughter's wedding

**Situation:**

Well, I got through it – my daughter's wedding was yesterday. There were so many, many things that didn't go as I wanted them to. All the way from the weather to, my sister-in-law having a temper tantrum before the service, to my mother refusing to sit with certain relatives at the reception.

I've been working at changing, yet when I think back, all the yucky stuff comes up. I can't seem to focus on any of the good.

**Answer:**

*Oh those high expectations we have, especially for what we (and most of society) seem to think MUST go perfectly.*

*There's only one way to change your focus, off the negatives to the positives, and that's by changing your thoughts. My suggestion: make a list. Yes, take the time, sit down, and write. I'm serious! Write down 10 good things about the wedding. When you're finished you'll have a complete script for the next time someone asks: "How was the wedding?"*

*You will have to make a conscious effort to not talk about the ANY, and I do mean any, of the not-so-great moments. Don't go there – at all. Don't say: "There were some glitches, but all in all it was beautiful." Start with: "The wedding was beautiful." Then go on and talk about one or two or more of the positive things you recorded on your list.*

*The first couple of times you control the impulse to say anything negative might be difficult, only because your old habit is to report or grumble about what went wrong. Changing your focus can feel somewhat strange at first. I assure that if you stick with talking about only the things on your positive list, you will become comfortable repeating them. In fact, you may find that avoiding the negatives and speaking about the positives develops into one of your healthy habits.*