

Fix the World with One Word

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Counseling Solutions at SMI

Fix the world with one word. Yup! One word will do it. Don't need trillions of dollars, not even a stimulus package. Don't even need love. I bet you were thinking I was going to say love. Nope! We are not mature enough for that just yet. In a thousand years maybe we can love each other enough but for now we can use this one little baby word, "thanks."

Mamma use to call "thanks" the magic word. It was often introduced by, "what do you say now?" or "Did you forget to say something?" That's my point. We have forgotten to say "thanks."

Let's make today a test day. Do a bunch of really nice things for as many people as possible and keep score of the "thanks."

Tomorrow say "thanks" to as many people as possible and keep score on their responses.

On the third day ask yourself what day was the happiest for you? I bet it was your thank you day.

Finally bury the grudges you are holding for yesterday's ungrateful little brats.

My point...gratitude changes us. We get happier, more empowered, more creative, more emotionally secure, more of the good things.

A friend of ours visited the other day. We mostly love her. We love her mostly when she is not griping, victimizing herself, and thinking that life should be easy. Scott Peck says that people who complain believe that life should be easy. I agree. We asked her why she believes that she should not suffer. She dodged that one with one of her famous "yes, buts..." Well but this, we all suffer.

Her point is... that she deserves to have all good things given to her.

My point is...if she reversed her energy from give me, to let me give thanks she would be a lot happier. If she focused on her thank yous the magic of life would come her way

Thanks.

For more information go to www.MarriageCounseling.org.

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Call for your appointment today!

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