



DON'T CATCH THE BALL

Have you ever been caught in a situation that you just wished had never happened? Do you ever get 'upset' because someone else 'rattled' you? Ever had a bout of 'road rage', 'trolley rage', 'don't jump the queue rage', 'car park rage', 'hey, get a ticket at the deli rage'.....you get my point, right????



So why do we?? Get upset, that is??
Are any of these 'moments' going to effect the rest of your life??
Now you're saying, "don't be ridiculous Jen, of course not....".
OK then. Will it affect you for a year? No?
What about a month? Nope?
Righty O then, we have clearly gotten upset so maybe a week? Or a day? Or an hour?
Still NO hey.....
So why did we get so upset in the first place?
Because my friend's, we made a choice. We chose to catch the Ball!!!

When we speak or act or gesture in any way, it's like throwing a ball. If someone 'catches it', then it's their turn to do something with it, so generally they throw it back to you, or sometimes, they throw it to someone else.....



BUT..... what happens if no one catches it???

Well what happens to a ball that you throw if no one catches it???

I'm no Einstein but I think gravity takes hold and it falls to the ground..... and that's where it will stay unless someone CHOOSES to pick it up.

If someone throws their 'crap' (aka 'the ball') at you, here's a red hot tip..... DONT CATCH IT!!!!

Let it fall to the ground. And that is where 'the game' ends.

It's your choice, play 'THE GAME', or don't.....

Now anyone for Monopoly....

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