

A Heart Full of Joy and Peace

versus

Feelings of Powerlessness and Anger

The good news. You Are Not Powerless! It is your DRPDA. **Dirty Rotten Poody Doo Attitude** that is doing it to you. Aren't you glad that it is not your fault? Or would you rather have it be your fault that you feel so powerless?

Decide right now! Either you are doing it to yourself, or you are the victim. Take a minute out to write down all the people and things that are doing it to you. Are your problems located inside of you or outside?

**If you are pained by external things,
it is not they that disturb you,
but your own judgments of them.**

And it is in your power to wipe out that judgment now.

Marcus Aurelius 121 A.D.

Hemingway said, "Everything is your fault. If you're lucky." If it's your fault, you can change. What would happen if you assumed that everything in your life that goes wrong or every negative thought is your fault.

If everything is your fault, you could change it if you know how. Here is where you start. Start taking control of your life, and begin to accept responsibility for everything that goes right, as well as everything that goes wrong. When something goes terribly wrong, determine whether it is an external or internal problem. If it is an internal issue, then you have the power to change yourself. If it is an external issue, let it go because you cannot change it. However, whatever happens, you have the opportunity to learn and change how you think about it and how you will react to it! Nothing is a failure if you learn from it.

People will do what they are going to do, not what you think they should do. You have **no** control over external things and other people, but you control and have **power over four things: what you think, what you feel, what you do, and how you react.**

**All of your powerlessness comes from
your attempt
to control other people or things!**

Being powerful requires really knowing what you have power over and what you do not have power over. You have no power over externals.

Once you learn how to be responsible for your life, I can tell you one thing that will happen: you will spend significantly less time complaining and blaming others. You will be powerless if you assume your problem is in other people or other things.

One of the main reasons you keep trying to change other people is because you believe that if they changed, you would be happy, relaxed without anxiety, and be okay. You expend tremendous energy manipulating, threatening, and trying to force others to do what they “should” do. What would happen if you took all that energy to change others and turned it into learning how to change yourself?

When you change, people around you start to change in response to you doing things differently. Here is a list of things that you can change.

- Start asking for what you want instead of whining and manipulating. “Would you be willing to do. . .” Remember, there are always three acceptable answers that someone can give you. Yes, I will, No, I will not, or Yes, I will under these conditions.

- How you treat other people. You are not alone in the way you feel. There are many people out there who are lonely or lonelier than you. They are hoping that someone will reach out to them.
- How you spend your time. Do you self-isolate because you fear rejection or doing something stupid and being laughed at? Do you reject things that are valuable or valueless? The truth is you reject things in which you can see no value. If someone rejects you, it is because they have a problem seeing how valuable and precious you are.
- How you treat your body. If someone gave you a very unique and precious item, how would you treat it? You are that unique, precious item; how do you treat yourself? Do you get enough sleep? Do you drink too much? Do you stress yourself out and end up feeling anxious and worried? Do you need to learn how not to create anxiety and stress?
- Your behaviors: are you an actor or a reactor? Reactors are triggered by something or someone outside of themselves. What do you believe that allows others to trigger you? When someone triggers you, are you in control, or do they have the power to get you to react?
- Your lack of boundaries results from your fear of saying **no**. “How will people treat me if I tell them no?” Do you allow people to run over you because you fear they will leave you? Do you need to learn how to be assertive without being aggressive?
- Your educational goals and aspirations. Do you tell yourself that you want to better yourself but then come up with all sorts of excuses why you can’t do it? Does what you say and what you do support each other? When they do not, it is called the Do vs. Say conundrum. What you do speaks so loud I cannot hear what you say. When what you say and do is not the same, you are a liar, and others will see you as not credible, and you will feel powerless.
- Who do you spend your time with? Do you choose to be around people with problems that need to be fixed? Many people believe they get a sense of significance by helping others who are in need. Then they get angry because the other person does not reciprocate,

and you get frustrated because their responses to your solutions are met with “I can’t do it **because**...” “That’s a good idea, **but**...” Good luck if you are waiting for somebody to go, “Wow, that is a great idea. I’ll get right on it.” Remember, the only person you can change is yourself. Judge your responses: “Is what I’m doing getting me what I want in the long run?”

- The amount of news media you consume. A recent survey suggested that 80% of the news is negative! You will become what you hang around with! If you’re feeling powerless, anxious, and depressed, you might want to check how much of the news media you are consuming.
- Your belief systems can either help you or hinder you. Education is power. Your behavior and other people’s behaviors result from what you have learned and experienced. Here are some topics that you might want to learn more about.
 - ✓ Predictors of divorce.
 - ✓ Verbal Aikido.
 - ✓ Three things that all fights are about. (And it is not sex, politics, or religion.)
 - ✓ Three uses of anger. (Anger is a tool used to reject, manipulate, and vent.) If someone is angry at you, what are they trying to do with their anger?

Your power is not to change others but to change yourself. We have known this concept for over 2000 years, yet you will feel powerless and angry because people are not doing what you think they should do.

“You have power over your mind -- not outside events. Realize this, and you will find strength.” Marcus Aurelius 121 A.D. Roman Emperor

“You feel the way you do right now because of the thoughts you are thinking at this moment.” David Burns, MD Psychiatrist

One of the major reasons for feeling powerless is your belief that people should do what you think they should do, not what they do. Below is a list of

external things you cannot control and make them act as you think they should.

- The way people drive on the freeway.
- What others think of you.
- The weather.
- Your mate's behavior.
- Your children's behavior.
- Your boss's behavior.
- Other people's choices and behaviors.
- When someone wants to move on and leave you.
- When mechanical things don't work the way they should.

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Marcus Aurelius, Roman Emperor

Mary is depressed because life is overwhelming. Life cannot be overwhelming; only what Mary thinks about life makes it feel overwhelming to her. What does Mary have to believe to create her feelings of powerlessness?

What Is in Your Control. . .

**Everything You Do, Think, Feel
and How You React.**

Two areas: the one you can control and the area you cannot control.
Everything inside of you is within your control!

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