

## **Change Your Attitude Or Change Your Address!**

**By  
Dr. Darlene Treese**

I am a big believer in the old adage, "Change your attitude or change your address!" If you are constantly and consistently sad, depressed or angry about a specific situation, this applies to you.

Feelings are motivators. They tell us everything we need to know, if we will let them. When we are happy, contented and satisfied, we know that everything is as it should be. When we are angry or upset, our mind is telling us that something is wrong. We know there is a problem, we are angry about it, but we don't feel it as motivation. It is something that we continually vent to everyone around us, yet we take no action to change the situation.

The reason is we feel helpless. We feel like we have no control. We feel as if we are stuck with it and there is nothing we can do. So we stay in the situation, feeling angry, depressed and miserable.

We are never stuck in a situation; there are always options. We can work to make the situation better, we can leave the environment that is causing us so much distress, or we can decide that it really is not that bad and choose to change our attitude.

If we are not willing to do anything, what we are saying is, "It's not that bad." It must not be or we would do something. If it is not that bad, why spend so much time and energy being angry and frustrated over life's little ups and downs? If it is not that bad, why not let it go, accept it and move on with the important things in life? Spend time and energy on activities that we truly care about and enjoy.

If it really is that bad, then we need to ask ourselves, "Can I change it?" and "Is it worth the effort?" If we cannot change it, then it is time to remove ourselves from the environment that is causing so much distress. If we can change it and make it better, we have a different kind of decision to make. Is it worth the effort necessary to effect the change? If the answer is that it is not worth the necessary effort, again we need to remove ourselves from the painful environment. If we can effect the change and it is worth the effort, we now have purpose. We can do something about it.

It is important that we understand that each step along the way we have control. We can make the decision to be unhappy all of our lives, staying in a bad situation; or we can decide to change our attitude, change our approach to the problem, or change our address.

Invariably I will be counseling someone and they will tell me, "If only so-and-so would change, then I would be happy." If we are waiting for someone else to change in order to be happy, we are doomed to being miserable all of our lives. Why should the other person change; they are not the one that is miserable. They are happy with things just the way they are.

The second thing that happens when someone is in counseling and unhappy is they will say, "but I will have to do something." The answer to that is YES, you will have to do something. If it is too much trouble, if it is too much bother, then it must not be that bad.

The answer can be really simple. Take charge of your life. Design your life the way you want it to be. Do not wait for some miracle. If someone or something in your life is causing you aggravation, either accept it and don't let it bother you anymore, fix it and it won't bother you anymore or move away from it and it can't bother you anymore.

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