

Taking Life's Detours
By
Dr. Darlene Treese

"Quit now. You'll never make it. If you disregard this advice, you'll be halfway there" -David Zucker

We are born dreamers, innately inspired to do great things. You never see children playing games of being poor, unnoticed or insignificant. When kids play "grown-up", they project themselves as being important. It is only after we grow older, after we have been put down by peers, family, religion and society that we learn to be self-debasing. Those who dare to keep dreaming risk being ridiculed by both friends and enemies. Added to the threat of ridicule are the inevitable roadblocks that detour us from achieving. By setting alternative routes, we can avoid becoming discouraged and discarding our dreams and life's purpose.

A major roadblock to fulfillment is unrealistic expectations. Often years are wasted by pursuing a vision that is not really our own, but an imposed dream forced upon us by someone else's expectations. This often happens in carrying on a family business or career path. Be sure to search your heart and follow your own dream.

Uncooperative circumstances will always be present. Knowing this, we can expect to experience the same kind of anticipated struggle that an athlete has while in training. Pain and slow progress are part of the final achievement and self-discipline and focus can get you through these times.

Unresolved conflicts can keep you from reaching your dreams. Sometimes the conflict is completely internal – the nagging questions of "Is it right for me?" Because there is not a strong answer of assurance, the pursuit of that dream may be tenuous, inconsistent and overly cautious. This is often seen in lack of commitment in a relationship. Sometimes the unresolved conflict is with another person. You will never accomplish your dream while expending energy in carrying a grudge, for no level of accomplishment will be enough to satisfy you. Make amends or allow other opinions and perspectives to be OK. Would you rather be right or happy?

Misplaced desires and aspirations are known in the corporate world as "the Peter Principle" – our tendency to promote effective workers to a higher level where they become ineffective. Our need to be recognized is so strong that we willingly try to fit into another's plan in hopes that they will appreciate us. In the movie "Chariots of Fire", the dean urged the class to find out where your greatness lies. If your greatness is in being an artist, don't pursue cheerleading. If your greatness is in being a mechanic, give yourself to that. Our self-worth and personal dignity cannot rest on our involvement in a highly esteemed career. See the intrinsic worth of all persons and know that all work done well is noble.

The most debilitating roadblocks come from within us – procrastination, discouragement, and doubt. Procrastination was once called sloth and was identified as one of the seven deadly sins. Sloth robs us of our ambition, time and ultimately our lives. Meet procrastination head on and realize that time is your most valuable possession.

The mark of a person's greatness is how much it takes to discourage them. Once discouragement begins, it's a quick slide into self-pity. Remember that it is always too soon to quit or to make judgments. You don't know the real impact you are making, even when the appearance is that you have failed miserably.

It's impossible for dreams to be actualized without the inner confidence that they will be. Often we deny the reality of pain and hardship that exist in every life. We also lean on our scientific measurements and will only believe what we can see. Faith and confidence in achieving our dreams acknowledge that there will be trials and troubles while at the same time living in positive expectation that all things are possible.

Dr. Darlene Treese has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary eClub of Southwest, USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. "A person for the people," Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at: **850-201-0073** or visit **www.AskDrTreese.com**