

You Make You

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Little tent cards saying “**You Make You**” sit on the tables of my stress management keynote, *Frantic, Frenzied or Simply Fried?* They were created out of a personal transformation of an old and nasty habit. At one time, while blaming others, I was literally wearing myself out by making myself crazy, sick and angry.

This is how the rant went. “You are *driving* me crazy.” “You *make* me sick.” “My family is *making* me angry.” “She *makes* me feel stupid.” This kind of self-talk reflects what some psychologists call external locus of control. Those who tend to view the world as controlling them are like children who have little choice. They perceive themselves as controlled from outside of themselves by others. Powerlessness and resentment become familiar feelings.

Yet, as adults we are in charge of what we accept as true, what we will think and believe, what we will do with our feelings, how we will respond to situations and just exactly who we will be. This “you make me” victim playing self-talk also creates exactly what we don’t want. Some days I used to create the crazy, sick and angry woman I was describing. It takes self-discipline and self-responsibility to establish more of an internal locus of control and it is well worth the commitment. What happens to me and to you is largely the result of our efforts and choices. As Henry Ford said, “If you think you can, or think you can’t, you’re right.”

My mature self mutters, “Patricia, you make you.” What about you? Do you find yourself saying, “Those kids drive me crazy,” or “They make me . . . (whatever)?” If so, consider joining the **WE MAKE US** club! Begin by announcing to the world: **I MAKE ME**. And when you call me expect to hear, “Make yourself a great day.”

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