



"Do you get it?"

MOVING ON

Why is it that so many people are unable to move forward from their past? I see it on a daily basis in my office. People yearn for a time from their past and in doing so, waste their present. It is usually because they are unhappy with their present situation.

We are meant to learn from our past. We can plan for our future. However, the only time to live is right now. We don't know what tomorrow will bring. We can plan and have expectations about tomorrow. Unfortunately, that very often brings disappointment when those expectations are not fulfilled. If you want your life to be different you can only change right now.

I tell my patients "Be my dog". I get some pretty funny questions about what I mean. My dog doesn't worry about tomorrow. He doesn't care about what happened yesterday. He lives now. I can be outside for ten minutes and when I come in, he is happy to see me again. When I give him food, he doesn't care that yesterday it was something different or that tomorrow it may be something better. He is overjoyed to have a stick.

You cannot bring back the past. You cannot recreate the past. Living in the past is wasteful, foolish and childish. Should have, would have, could have, ought to, maybe, if. Stop wishing for yesterday.

Every morning, you have a brand new day given to you...and they are limited in number. You don't even know if you have a tomorrow. Make your life better today. Live it right now and stop wasting your time living in yesterday.

Dr. Steve