



2. SITUATION

The most frustrating of situations is always something tiny that you think you should be able to solve but can't for some reason. The golden rule in our house was and still is mandatory: Put lids on jars and bottles, and clear up as you go along, but one of our son's friends failed to do this simple task when he stayed overnight in the mid-80s.

They had fish and chips the night before and used various sauces. Over a cooked breakfast the next morning with a vigorous shake of the tomato sauce bottle, everything was showered and spattered red, including me. He was an energetic fella and whacked the base so hard then shook the bottle for England, stood to reason the impact would have a disastrous result and create a situation.

That day was critical time-wise

So clearing up tomato sauce from the table, all over the floor, my legs and shoes, and up the kitchen door fronts, for the sake of putting the sauce bottle top back on the night before was hellishly time-consuming. I had to shower again. My hair that looked pretty good for once got wet, even with a shower cap on it was damp.

My hair was thick and took half an hour of steady, precise blow-drying to go somewhere special and took for ages. And tomato sauce is hell for staining and has to be dealt with immediately. I had to soak my blouse, and quickly wash my only black shoes. Situations make or break a relationship. As good as the boys were at cleaning, and me rushing to get out, they and I missed vital areas, so I was still finding hardened sauce days afterwards.



THE TIPPING POINT

While this is a seemingly minor thing and the boys laughed, and I agree I did look a sight. I lost valuable time, and in reality, it wasn't funny; instead, it was thoughtless and inconsiderate, I was very late that day.

What was turning out to be a good day, became a frustrating day for me, thankfully I had an amazing husband who reframed this with a huge hug and said as I stood in my second choice blouse, an old one, 'You could wear a bin bag and still look great' I don't usually hold onto anger, I deal with the problem, then delete big time! Holding onto anger and frustration is like holding onto hot coal.

And I had a client who also reached a tipping point.

She allowed her resentments to built up to a point and blew a fuse wrecking her beautiful kitchen. She called herself the Magic Fairy and seemed quite proud of this title, but of course, she was taken advantage of for so long by her family she finally exploded big time. I have to say that accident was rare in our house, but in hers, her adult children were lazy tikes. They were shocked at her behaviour. But I saw a situation in the making. There is always a limit to a persons tolerance threshold. If you're young parents, then start teaching your children to be more self-sufficient at three-years-old. All children by the age of four-years-old should be able to do these things:

- ❖ Put their coat and shoes on
- ❖ Hang their coats up and put away shoes
- ❖ Go to the toilet on their own and wash their hands
- ❖ Put their toys away and sit still for stories



THE CIRCLE OF EVENTS

We often call negative situations a vicious circle of events, ones that go on and on without any reprieve, and are invariably triggered by a problem in the home or work. Most negative situations, other than natural events, are created by thoughtless human beings. Don't believe me? Then go back to a negative situation you found yourself in and reflect. Usually, a human being will be the cause, and it will always be because of thoughtlessness.

However, we can also have a virtuous circle of events, where something in the environment was balanced, and so everything flowed. And this is what we aim for, but that rarely happens in an environment that's cluttered. More accidents occur in the home because of a thoughtless act by someone else. I am forever clearing puppy toys because I know I could fall, hurt myself and be as useless as a chocolate teapot if injured.

Before you procrastinate any more, go back to the environment and start looking at your home, workplace and even your car and see what can be changed. When Eddy, my dog comes out with me, he is harnessed in the car, because one leap of joyfulness from him could have me crashing and causing many circumstances. Pretend you're a Health and Safety Officer, looking at the location for the first time?

What caused the situation in the first place, could it have been avoided and if so, how? What can you do in the future to prevent things like this from occurring again? The sauce bottle incident had me putting a funny sign on the fridge. Please make sure all tops are securely screwed back on, or you'll get screwed.'



SUMMARY

Have you looked at the book Space Cleaning book yet? Or maybe try the free techniques, the Sieves, in particular, is terrific for shifting procrastination. When the environment is free from chaos, it's incredible what you can achieve mentally, emotionally, and practically in any circumstances. The atmosphere in any environment makes or breaks a situation, as it almost did for me, only for the fact, this rarely happens, I could see the funny side, and issue new rules.

But clutter needs to go big time and thoughtfulness applied daily. I learnt afterwards that this young man never put anything back; his parents driven to distraction, but I blame them, they should have started when he was three-years-old. He had one year as a student sharing and rejected the following year. Too careless and untidy and too thoughtless by all accounts.

The only way to create happy, productive situations is when everyone in the environment is positively involved and cares about the home, cares about making situations carefree and trouble-free. Start making rules, have everyone within the same maps of reality, and I promise, life will be happier for you all.

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*Time is a created thing.
To say: I don't have time, is like saying,
I don't want to.*

Lao Tzu