

Humor Me

By Ronald P. Culberson

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“Be Thankful Even if You Don’t Feel Like It”

My wife says I’m grumpy. My nephews say I’m not as fun as I used to be. My friend Michael says I’m just a bitter old man. So I’ve gotten a bit cynical over the past few years. Big deal. I’ve seen a lot of crap in my life. The tour in Nam. The divorce. The never-ending headaches and back spasms from the “crash.” Oh wait, those didn’t happen to me. Never mind.

Actually, I don’t have a good reason to be cynical. And yet I’m darn good at it. You know what I think it is? I think it’s because I focus on the wrong things – my “don’t have’s” instead of my “do have’s.”

As the holidays approach at reindeer speed, it’s easy to focus on the wrong things by getting caught up in the cleaning, the decorating, the cooking, the baking, the shopping and the pretending that we actually like our relatives.

So this year, let’s sit back, get a cup of eggnog, throw a splash or ten of bourbon in it and spend this special time of the year thinking about all we take for granted.

For instance...

If you're feeling old, be thankful that you're still *getting* old (things get bad fast when you stop getting old).

If you have aches and pains, be thankful that you can *have* pains without *being* one.

If you have a crummy job, be thankful that you *have* a job – and that you could find another job if you wouldn’t spend all your time complaining about your crummy job.

If you get too many emails, be thankful that you’re so popular...and that you have a once-in-a-lifetime opportunity to inherit money from dead Nigerian royalty which can be used to purchase a mortgage, drugs from Canada or anatomical enhancements.

If your children are a challenge for you, be thankful for time out – because the longer *you* stay in time out, the less you have to deal with *them*.

If your clothes fit more snugly than they used to, be thankful that the tightness is not nearly as problematic as the style of your clothes which, by the way, went out of date in the 80's.

If you're losing your hair, be thankful that balding men are sexy, virile, handsome and much more appealing to women than those girly men with wavy mousse-filled follicles (Not that I'm sensitive about this).

If you have relationship problems, it's probably your fault. Be thankful now that you know and change how you relate to others.

If you're unhappy with the government, be thankful that you live in a country where you're free to be unhappy with the government.

If you never get the parking spot near the mall door, be thankful for the exercise you get while walking from the far end of the parking lot (see "If your clothes fit more snugly" above).

If you're a bad driver, be thankful that you're not alone since everyone but me seems to be a bad driver.

If you're having financial problems, be thankful that you don't owe anyone in New Jersey money and that 16% interest with MasterCard is better than getting whacked.

If your husband watches too much TV, be thankful that you have a TV and that he's not bugging you instead.

If you have a clunker of a car, be thankful that you don't have to worry about fender benders, door dings and bird crap.

If you find yourself struggling with the meaning of life, be thankful that even though you're apparently not smart enough to figure it out, everyone else also struggles with the meaning of life and you're just self-assured enough to admit it.

If you have trouble being thankful, be thankful for Brittany, Paris and Michael who prove that there are lots of people much worse off than you.

Now, don't you feel better?

I hope you continue to have a thankful holiday season.

Until next time, just humor me.

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Ron Culberson, MSW, CSP, CPAE is a speaker, humorist, and author of four books including Do it Well. Make it Fun. The Key to Success in Life, Death, and Almost Everything in Between. His mission is to change the workplace culture so that organizations are more productive and staff are more content. He shows people how to have more FUN while preserving the integrity of the work they do and the lives they lead. For more information, visit www.RonCulberson.com.