

## The Grievance

*By Tammy Miser*

For reference, in case you missed the last article. A grudge is deep-seated, a feeling of resentment or hatred. This is something that you or others bear and/or give and is an emotion derived from detestation. Grievance is a cause for complaint or protest; be it actual or theoretical circumstance and is based on an injustice or having been wronged. This is more of a moral emotion derived from love of yourself and or others and something you mostly bare as a form of grieving. Just an added note, one may turn into the other.

We all have many grievances in life but the key is not letting it turn into a grudge. After being asked if I carried a grudge and responding with a no I wondered how I manage to hold back the G word. Many do carry a grudge and by no means do I judge them however I do feel for them; simply because it is hard enough handling the grieving process let alone carrying all the hate. Not to say I never felt hate because I did feel it. I hated that my brother was gone, I hated that my son was so confused and distraught, I hated that their were no regulations, I hated that Hayes-Lemmerz cared so little, I hated that it was going to happen again (and it has), in general I hated dealing with it all.

Looking back in the beginning I couldn't react; my body took over. I was physically ill, cried most of the time, and couldn't concentrate or function. When people told me that I needed to get help it only infuriated me. I felt they were stating I had no right to grieve. The eye opener was when I couldn't remember taking my son to daycare. I set in the car crying; wondering what was wrong with me, could someone grieve their self to death and was there a God.

I knew then it was time speak to the doctor and find out if I was stable and what I could do to ensure the safety of my family and myself. My Doctor put me on medication, which I hated; I felt it would keep me from going through the processes. in reality it helped me focus so that I was able to deal with my melt down. My biggest issues were guilt and shame of feeling I had killed my brother. I pray no one has to make such a decision.

After dealing with my brother death, I cultured how to focus my focus. Did I confuse you? Good because you're paying attention. There is a business process that places enface on what makes money instead of what does not. In our case, what works rather that what does not. How does this help? When we dwell on the non-working aspects we slowly build discuss, stress, anger and hate. However when we concentrate on working aspects we gain hope, confidence, and direction. We cannot possibly have good relationships or even operate with non-working aspects. We can perform and thrive with some peace of mind knowing we are striving to put in to place what does work. A good example of what I am trying to convey is this: My son brings me a toy army man wanting me to superglue it. I have fixed this little guy so many times I lost count. I tell him each and every time, "I have bought you new ones just trough that one out, this fix will not work." Why waste your time and efforts on something that will never work?

Not only did I apply this to my immediate situation with Shawn but also to worker health and safety. I was driving myself crazy, gaining a real attitude and mistrust for everyone. Now I am able to see light by concentrating on the good rather than fiddling with the wrecked.

We are all entitled to our grievances, they are real and justifiable but when we are ready to make real change in ourselves and others we need to set our minds on favorable things. Even in your anguish try to set you goals and your aspirations toward what is functional and gain the happiness you and others around you deserve.