

## Who Care's

What I find a little odd, is how much I miss 'little pleasures.' A weekend ago, I went to a reunion trip with my college friends. We/I were to go canoeing. The night before my arrival, the area received heavy rain, (7+ inches,) and the river rose. I no longer have very good balance, for my personal safety, am wary of swimming in rapid water, so canoeing wasn't for me.

I found it amazing, how much my identity is made up of 'little things.'

I so often focus on what I can no longer do, but the trip reminded me, the things I can no longer do isn't the important point, the 'little things are.' The point of the reunion was the 'little things,' to see old friends, swap old tales, have a great meal and general debauchery (for an 'old man,') not the canoeing.

The lesson I learned was to enjoy the 'little pleasures' everyday. I choose to focus on the things that I can do and bring me joy, and not focus on what has been lost. Smiling and looking forward, is much more satisfying than 'I'm sorry' or 'I can't.'

I was discussing how I cope with my wife and discovered I have found a coping mechanism, 'Who Cares!' It is a phrase that releases me, and allows unadulterated access, without fear, to almost all things. I put every issue through the 'I don't care' test. For example:

Instead of being jealous someone else has something new (a car,) I ask myself, do 'I care.'

In this case I am happy someone has a new car, however, the 'do I care' test returned an unexpected result, 1. My friend has a new car and I am happy for him. I have a car and I am happy for me.

My old way of coping, almost always ended in the same place, jealousy.

In this case, being happy for another, was eclipsed by, I have an older car, and that could have been me.

The 'Who Care's' test, has not failed me yet. I think the underlying question is, is 'it something I can change.' It is a lot like the serenity prayer, looking for what is important and actionable.