

Guilt Trip

I had not really planned on taking a trip this time of the year, and yet I found myself packing rather hurriedly. The trip was going to be unpleasant and I knew in advance that no real good would come of it. Im talking about my annual Guilt Trip.

I got tickets to fly there on Wish I Had Airlines. It was an extremely short flight. I got my baggage which I could not check. I chose to carry it myself all the way. It was weighed down with a thousand memories of what might have been. No one greeted me as entered the terminal to the Regret City International Airport. I say international because people from all over the world come to this dismal town.

As I checked into the Last Resort Hotel, I noticed that they would be hosting the years most important event, the annual Pity Party. I wasn't going to miss that great social occasion. Many of the towns leading citizens would be there.

First there would be the Done family, you know, Should Have, Would Have and Could Have. Then came the I Had family. You probably know Wish and his clan. Of course, the Opportunities would be present, Missed and Lost.

The biggest families would be the Yesterdays. There are far too many of them to count, but each one of them would have a very sad story to share.

Then Shattered Dreams would surely make an appearance. And Its Their Fault would regale us with stories (excuses) about how things had failed in his life, and each story would be loudly applauded by Dont Blame Me and I Couldn't Help It.

Well, to make a long story short, I went to this depressing party knowing that there would be no real benefit in doing so. And, as usual, I became very depressed. But as I thought about all of the stories of failures brought back from the past, it occurred to me that all of this trip and subsequent pity party could be cancelled by Me! I started to truly realize that I did not have to be there. I didn't have to be depressed.

One thing kept going through my mind, I CAN'T CHANGE YESTERDAY, BUT I DO HAVE THE POWER TO MAKE TODAY A WONDERFUL DAY. I can be happy, joyous, fulfilled, encouraged as well as encouraging. Knowing this, I left the City of Regret immediately and left no forwarding address. Am I sorry for the mistakes Ive made in the past? Yes! But there is no physical way to undo them.

So, if youre planning a trip back to the City of Regret, please cancel all of your reservations now. Instead take a trip to a place called, Starting Again. I liked it so much that I have now taken up permanent residence there. My neighbors, the I Forgive Myself and the New Starts are so very helpful. By the way, you don't have to carry around heavy baggage, because the load is lifted from your shoulders upon arrival.

God bless you in finding this great town. If you can find it in your own heart, please look me up. I live on the I Can Do Street.