

Presbyterian Counseling Center

CENTERPOINT

One of the hardest things we struggle with is taking emotional responsibility for our personal adult lives. We're often so amused by the ingenious way children and adolescents seek to wiggle out of an unpleasant task or avoid the natural consequences of their actions that we're sometimes blind to the more subtle ways we adults resist our own responsibilities. Taking an imprudent shortcut when we're faced with a difficult task, embellishing the truth so that we look better to others, dropping an appointment or commitment thoughtlessly at the last minute... these are stratagems at which we all have considerable practice.

A particularly hard thing for many people is taking the responsibility of resolving the problems and pain in their own life. It seems somehow easier to bear our problems than to tackle and resolve them. More seriously, some people come to be overly reliant upon others for support and so postpone coming to grips with the problems they face. They may turn to a friend or, more unfortunately, one of their children to carry more than their share of a burden.

If you find yourself swimming against the tide with a particular life difficulty and you're unable to find any resolution, maybe you should make an appointment at the Center. That can be a satisfying and fruitful way of retaking responsibility for yourself and your life.
www.presbyteriancounselingcenter.org.

-George R. Slaton