

Victory Over Fear

By Donna Bishop

Heavy snow showers had blanketed the landscape during the previous day. The early morning weather reporters were warning drivers to stay off the roads if at all possible. Roads were icy, snow packed and very dangerous. How I wanted to take their advice and stay home warm and safe. After thirteen years as a stay-at-home mom I had recently accepted a position at a local middle school. My overly developed sense of responsibility simply would not allow me to miss work because I was too fearfully to drive in adverse weather conditions.

My mind was filled with all the potential horrors of losing control of the car, sliding into a ditch, getting stuck, not stopping at a stop light, wrecking my car, injuring myself or someone else. Surely, I shouldn't take those risks! On the other hand I certainly could not deny my duty to the Principal who was depending on me to show up for a job I had agreed to do. I had to do something.

I settled my nerves a little and started to figure out why I was so upset. I realized I had no experience driving on dangerous roads. Maybe if I tried to drive before heading out to the school I would feel a little more confident.

I carefully drove my car into the street in front of our house and headed for a side street that was less traveled. I picked up speed and carefully pushed on the brake. The car skidded to the right and I instinctively guided it left. I went up and down the street forcing the car to slip and slide at increased speeds while I experimented with how much braking power caused what reactions. I finally managed to cause the car to make a 180 degree turn on the street while still in control. Wow what a feeling! I drove back to the house confident that I was better prepared to tackle the drive to the school.

Do I like driving snow packed streets? Of course not but this small victory over that fear gives me the freedom to drive when necessary.