

Change Is Slow to Come

By Hap Hansen

It's the beginning of March. For some people, it's about this time of year that the last New Year's Resolution has been broken. Many of those who vowed to quit smoking are lighting up and catching up on the nicotine fixes they missed in January and February. Handle with care! Some of us who vowed to go on a diet and lose five, ten or fifteen pounds are discovering we not only didn't lose weight, but the uncaring bathroom scale shows a gain of about the amount we wanted to lose. Handle with care! Why do we make New Year's Resolutions anyway?

Do we feel guilty because we ate too much, smoked too much or drank too much? More likely, it's because the brand new year brings a sense of renewal, the potential of a new beginning, a reason to try to make our lives a little better, our thoughts a little more uplifting. As the year progresses, many of us find ourselves in about the same position as the preceding year.

Nothing much new is happening in our lives and it may be much simpler to go back to the lifestyle we were used too. It's not that our previous lifestyle was bad or wrong. It's just that it may have been more comfortable. Handle with care! Many of us cling to the things that were the most comfortable. Some of us don't like change or the unknown. Probably that's why the wheels of progress move slowly. Why necessary change is so slow to come.

Some of us need to take a hacksaw to those bonds of comfort and develop a new resolution that will make our lives and the lives of friends and relatives a little better. How do we do that? We do it by facing the unknown with confidence. We do it by facing the unknown until our lives achieve a new level of comfort. How do we do that? We simply call a friend or relative and talk. Talk about getting advice when we have a 250 calorie jelly doughnut in our hands and want to take a bite, or we have an unlit cigarette with a match nervously standing by. That's a beginning. That's a new start. That's a resolution. Handle with care.