

It Could Be Worse

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I have had some dark times in my life. I've written about a few of them on my blog here. But whenever I stop and begin to brood overmuch, I try to recall that my life could be worse. A lot worse.

For example, I have a buddy who is currently trying to get custody of his son. He didn't know he had a son until recently- his ex-girlfriend of many years ago lied to him when she broke up. And in the meantime she has turned out to be crazy and also a criminal. So he is fighting not just for visitation rights but custody to try and get his son away from mom and into a healthy environment.

I don't have the concerns of a desperate parent right now- so it could be worse.

Then there is a co-worker of mine who made a huge mistake and is now facing criminal charges. He will probably lose his job no matter what. And his life is a mess now.

I am not facing criminal charges- so it could be worse.

An old example is a former co-worker of mine. He has been married and divorced several times. He is basically consigned to poverty for the rest of his life because of child support and alimony payments. There is no escape for him (besides maybe leaving the country).

I am not a financial slave to the family law system- so it could be worse.

It is important to count your blessings. While a small step, it is an important step to avoid falling into the pit trap that is despair.

[And no, I am not in a bad place now- I am appreciative of the fact that I am not, having looked around at some people around me]

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