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Optimism vs Pessimism

This was the difference between me and my husband.

And it IS a choice.

That doesn't mean it's as easy as choosing, but it does mean every step you take is down one or the other path, and you can choose each step.

Pessimism is seeing bad things as Personal and Permanent. Reverse for good things.

Optimism is the opposite: bad things are caused by things that are external and changeable/fixable.

Optimism looks at the journey to improvement.

Pessimism is *solution avoidance*.

My optimism has been a Light that I shine in the world.

A light that tends to make those around me happier, and more hopeful.

I love shining this light, and bringing out that happiness in each person I touch.

But with my husband (and even my kid) that Light doesn't have this effect.

He thinks it's me trying to tell him how to feel.

But it's me trying to help him see the beauty in the world by calling attention to it.

Pessimism also seems to be involved in *heirarchy*.

He thinks I think I'm better than him. I don't feel that way at all.

I look at our sameness, not our differences.

Optimism might also be that: looking for sameness, working to achieve sameness by learning or teaching.

I enjoy *losing* a logical argument as much as "winning" - when I was wrong, it is a moment of *revelation*, of learning, of growth.

It is a moment of coming to *equality*.

I realize now that our logical arguments were battles to him, not work towards consensus and equality.

THE WORST PART:

I can't seem to reach the Pessimist. This is true of my husband and my kid.

It's clear as day to me: don't bother with the permanent things, embrace your flaws...

Look at the things you can change, and work on those things, don't worry about the rest.

It's like throwing a lifesaver and they say, "that won't work for me."

How can it not work when you're drowning?

It's an issue of *perception* not being!

It's what you put your attention on.

It doesn't mean the other things don't exist. It doesn't mean you don't have flaws.

It means on the Path of Life, you don't look at the pebbles and roots in your way....

....but the flowers and view on the journey.

You take on the obstacles with a shrug as part of the journey, and you're grateful the path has its own beauty.

I realized long ago:

This
Is
Enlightenment

Enlightenment is always there.

You just have to reach out and...

BE ENLIGHTENED.

Sure, it takes work.

It's work at every step on the Path.

But it *connects* you to *everything* and fills you will beauty.

Sigh.

You can lead a person to the Path....

....but you sure as hell can't walk it for them.

I thought my husband was on the Path, and his Pessimism was hurting me, cutting me down.

I was willing to do "care and feeding" while he worked to journey to a happier place.

But I didn't realize he wasn't walking on that path.

So now he left.

And if he decides, after this break, that he's willing to work now....

....it's too late for me. I don't have the strength for Care and Feeding anymore.

And I'm *grateful* for this realization.

Now I know, if I bother to date again (I'm sure I will ;)) that I want to make sure that person in on the Path too.

So we can both shine our Light for each other, when each of us hits those Dark moments of despair.

(There will be many more of those to come.)

The irony about Pessimism - and why it's a paradox - is that *I* see Pessimism as changeable....

....and the Pessimist sees it as Personal....and Permanent....

Paradox indeed.