

## Are you hugging the curve balls??

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You know that it's not going to be good when your spouse asks "Honey, how much do you love me?" This is NOT a good way to start a conversation.

But that is what I heard. I was certainly interested. I had just got home from being out of town for four days. This was Thursday, August 11<sup>th</sup> at about 10pm. I had just got out of the shower and Denise is standing there uttering these words. "Well, honey, of course I love you a ton...why?" "How much do you love me?" she repeats again. Now I have gone from interested to petrified. "Honey, what is it?" I stammered out.

"Do you love me enough to have another child with me?" "HUH?" I said. "What do you mean....you are on the patch!" "Yes, I am...but I am also pregnant," she replies. "Oh, my," is what I think I said. But I can't really recall. It got very dark and quiet inside my head at that point. I was attempting to comprehend what she had told me.

This was a shocker! I have three children already. This will be my fourth child in five years! We were done! She was on the freakin' patch! (wasn't this stuff like Fort Knox or something?). I think my stuff is from Superman. It can even go through lead. Perhaps I should market it.

What to do? I figured I had two choices: I could go upstairs into my office (my hiding place) and pout, or, I could reach out, hug Denise and tell her everything would be ok. After all, the course cannot be altered now. So I did the latter. I do firmly believe that things are meant to happen for a reason (I also believe that contraception should work, but that's a different story). It is interesting how life throws you curve balls isn't it? Especially bad timing curve balls. Those are even less fun. Yet, if life were so stinking predictable it would be a total bore. Who wants that?

Part of experiencing and living life to its fullest is accepting and embracing change. We all have our share of it, good and bad. It is inevitable. And uncontrollable most of the time. And it is necessary for our growth and progress. Change will happen. It is how we *respond* to change, that determines our fate, our success and our happiness in life. Life is 10% what happens to you and 90% how you react to it.

Dr. Spencer Johnson wrote a famous book on change entitled "*Who Moved My Cheese?*" It is a little book (about 90 pages) with big meaning. It is the story of two mice and two people trapped in a maze. Their cheese moves and, at first, they cannot find it. The mice look for the cheese immediately and do not care. The people, on the other hand, are upset and outraged that their cheese has moved. Cheese is a metaphor for whatever you want in life. Check

it out if you are experiencing change in your life and need a boost. Or give it to a friend.

I hope that all is well in your world. May your most well planned out goals, priorities and events occur without fail. Just know that curve balls are lurking ahead. And when they come, will you reach out and hug them, or run upstairs and hide?