

# THINGS IRRITATE ME

**Norman Vincent Peale**

If something is unsatisfactory take the attitude of doing whatever you can about it. And when you can do nothing further, practice viewing it dispassionately.

Practice adjusting yourself to situations, things, conditions and people on the principle that such are what they are. Change and improve them if you can. If you cannot, then accept the inevitability of your own adjustment to them.

In any situation, however annoying, there must be some satisfactory factors. List them and concentrate your thought upon them.

Remind yourself that things might be worse. Think for a moment of these worse possibilities as being actual. Then say to yourself, "But the worst factors have not happened," and see if your attitude does not become less irritating, indeed, more thankful.

Adopt the philosophy of taking things as they come. This is the way God made the world. Perhaps this law is designed to test our ability to demonstrate imperturbability. Learn to take things without surprise, without petulance, in the recognition that such is just the way things are.

When things go wrong or do not suit you, practice tolerance and a spirit of charity toward those responsible. Give them the benefit of the supposition that they are doing their best, sincerely trying to do all they can about it.

When the tendency toward irritation comes on, take three deep breaths in, then out. Relax by lying down if possible (it is hard to be irritated lying down). If not, relax in a chair letting go the muscle tension. Then recite the twenty-third Psalm just once. Do it slowly and quietly. Dwell for a moment on the mental picture of the "still waters."

Affirm this statement: "The peace of God that passeth understanding is now flooding my mind, my body, my soul." Say this three times and repeat the process several times during the period of stress, until the tension passes.

Accentuate the deliberateness of your actions and of your speech to counteract the impetuous and sharp reactions which irritation tends to cause. As irritation grips you, try being lackadaisical and lazily indifference toward the circumstances which stimulated your annoyance.

Affirm the following every morning before starting out the day: "The quieting, restraining, healing hand of spirit is resting upon me now. Spirit's presence shall be with me throughout this day and shall help me calmly and with control to meet every situation that shall develop. Spirit takes my irritations away."