

You Can't Make Me Angry

Even though I'm not doing the radio show anymore, I still do a segment on the local radio show in town every Thursday morning. So last week I do my thing, get in my car, and I am kind of lost in thought, thinking about my day, and as I pull out of the parking lot, I almost hit a car going by. I was just zoned out.

So the woman stops her car in the middle of the road, opens the door, gets out, and starts screaming at me and flapping her arms around. Then she gets back in her car and pulls into a parking lot, gets out the car, and starts screaming at me some more. It's 7:45 in the morning.

I was in a minor accident when I was in Seattle in June. Was driving south on I-5 to Tacoma and got rear-ended. Got out of the car, went up to the driver and asked, are you ok? I wasn't real happy about it, especially since it was a rental car and I was going to have to go through the whole rigamarole of making an insurance claim on a rental car (where I didn't buy the extra insurance), but I'm not going to lose my cool in the middle of I-5.

You can't make me angry. It is damn near impossible. The closest I get these days is mildly annoyed. You want to know why I don't get angry? Because I don't like the *feeling* of being angry. Sure, righteous indignation feels amazing at the time, but afterwards, you have an emotional hangover, and you feel remorse, and it's terrible. So I don't like to feel like that, so I don't get angry.

But but but what if someone truly does something horrible to you? Shouldn't you get angry then?

Would it help?

I saw a guy speak one time who told the story of his wife driving on the highway under an overpass, and a couple of kids dropped a cinder block on her windshield, killing her. Didn't get angry. Was one of the most incredible things I have ever seen. I said, I want to be that guy.

The thing I value most in this world is my serenity. I really am at peace most of the time, and I don't spend a lot of time in a state of anxiety of stress about things I can't control (though I do sometimes, but I am 95% better). I do not want to give up my serenity under any circumstances. The woman who got pissed off at me (justifiably so), she's going to be pissed off all day. Maybe longer. It will ruin her day, because she *allowed* it to ruin her day.

One last story. I was going out to dinner last week and I was kind of a space cadet, forgetting my keys, forgetting my sunglasses, forgetting this and that, and I had to go back in the house 3-4 times. I was grumpy. Then I got on the highway and got stuck behind two cars driving abreast going 45 in a 55. One of them finally moved out of the way, and I gunned it, and got it up to 80 just as I passed a cop. Sure enough, he pulls me over and gives me a ticket, but for going 69 (less than 15 under the speed limit).

The one time I get angry, I get a speeding ticket. That's the universe telling me something right there.