

# Don't Let the Little Hurts Pile Up

Steve Gilbert

**A**n example at work is when you begin to feel underappreciated. Something happens and you perceive it to be a slight. It seems like a little thing, but you begin to dwell on it and see it as part of a larger pattern. You begin to look for more examples and collect evidence that indeed you are underappreciated, your anger or disappointment begin to build and one day you finally wake up and say that you are burnt out.

At home, your spouse does something small that annoys you. Rather than discuss it, you let it fester. Soon there are other tiny examples that you can find where they wronged you, or didn't care enough about you. In response you begin to pull back ever so slightly. The other person senses this and pulls back as well and one day you wake up and wonder where the passion in your relationship has gone.

A friend gets busier than they were in the past and without even noticing, doesn't talk with you as much. You interpret this as a slight and because your feelings are hurt you stop trying to reach out to them. Your talks become less and less frequent until one day it appears that a valued friendship is suddenly gone.

**T**ODAY, check in with yourself to see if any of the above are taking place in your life. Going forward do not let the little hurts and slights build up to the point where they overwhelm you.

**Win Your Day!**  
Steve Gilbert

If you are not on Steve Gilbert's Win Your Day! email list,  
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