

The "Should-Bes"

Diagnosis and Cure for a Common Affliction - by Sgt. Steve

This is an affliction that has affected many LEOs across the country. It's easy to catch, hard to diagnose, and even harder to cure.

SYMPTOM CHECKLIST

- ? Am I often disappointed with life?
- ? Do people constantly let me down?
- ? Do I feel betrayed by my agency?
- ? Do I feel bitter about my professional progress?
- ? Am I miserable because things haven't worked out?

If you answered "yes" to any of these, you might have a case of the should-bes.

A case of the should-bes is marked by an overabundance of expectations. A person becomes fixated on conditions that "should be" true. When reality fails to meet these rigid conditions, the victim feels wronged.

"The cucumber is bitter? Then throw it out. There are brambles in the path? Then go around them. That's all you need to know. Nothing more. Don't demand to know 'why such things exist.'"

- Marcus Aurelius

It's not the event that is making you unhappy. It's your own expectations of those events. You don't get that promotion that you "should have"? Most of the rest of the world didn't get it either. The only thing harming you is reality's failure to meet your expectations.

The Treatment Plan:

1. Recognize that this is just a flare-up of your "should-bes" ailment.

2. Accept that things happen the way they happen.
3. Move on without seeking revenge. Use virtue as your guide.

Rx

THE VACCINE: PREMEDITATIO MALORUM

(The Premeditation of Evils)

Dosage: Take one tablet every morning.

Effect: Consider what might go wrong with your plans; not dwelling on the negative, but opening your mind to the possibility that there are many ways things “could be.” This will inoculate you against the should-bes.

I wish you health,

Amor Fati,

Sgt. Steve