

## ***PLEASE BE KIND AND REWIND***

Before there was digital or Live Streaming of movies. Before DVD's there was Video cassette tapes. They were fairly popular in the 70's-80's and into the 90's. If you're not familiar with these here's a quick synopsis. A VCR, known as a videocassette recorder, was used to play videocassette tapes. The VCR was an electronic apparatus used to watch movies or record television shows. If there was a favorite movie you'd want to see, most people would just go on down to the local video rental store and rent one for a few bucks and then return in a couple of days. There was no swiping of the screen or scrolling to the digital number to get to a certain part of the movie or to the beginning. The only way to do it was with the VCR contraption. No one really wanted that chore and depending how long the movie was it could take a while before the tape stopped at the beginning. I would say 9 x's out of 10 the previous renters didn't return the tape to the store already rewound. If the store clerk didn't do it before renting the movie again, and that was rare if they did; then the next renter had to. Heaven forbid if when you put the tape into the VCR you ended up getting a glimpse of the end of the movie before you could actually get to watch it from the beginning. It was enough to piss you off when that happened. Since the store couldn't promise they'd rent you the videocassette ready-to-play from the beginning, they slapped a large sticker on the front that read "PLEASE BE KIND AND REWIND".

What if people would take the time to "BE KIND AND REWIND"? I believe that our marriages, friendships, relationships, partnerships would be so much better, much more productive and less stressful if we did. How about your husband/wife, the one you said was the love of your life in which you now say is an irritating pain in the "you know what?" Both of you can barely spend a few minutes together in the same room. But do you remember the good times when before you married you both couldn't get enough of each other; sometimes talking for hours on the phone, sharing each other's meal at dinner, laughing at one another's stale jokes? What changed? Who changed? "PLEASE BE KIND AND REWIND"

Maybe it was your bestie, that "ride or die friend". There was nothing you two wouldn't do for each other. You looked out for each other no matter what. It didn't matter if one of you didn't have money because you didn't mind sharing. You were closer than being with your own families. Now you find yourself at odds, not talking, complaining more than complimenting, feeling angry more than happy thoughts and you avoid each other rather than spend quality time together. Who's really losing here? My guess is it's both of you. "PLEASE BE KIND AND REWIND".

Take the time to remember who you were together. What attracted you to them and what did you exhibit that attracted them to you? Think about all of the times you enjoyed one another's company. It wasn't just a marriage it was a friendship. It wasn't just a friendship it was a sisterhood/brotherhood. It wasn't just a partnership; it was merger you both benefited from.

Look within yourself first and examine the benefits you both enjoyed when you were together. Do you feel like you're missing something? Quite possibly.

**Answer these questions:**

- ◆How valuable are they to you?
- ◆Where would you be if they hadn't been in your life?
- ◆How much do you stand to lose without them?

'PLEASE BE KIND AND REWIND'.

**TAKE- AWAYS**

**a)Self - Examination** - Always examine yourself first. What changed, who changed. Was it you and if so what changed about you? What are some flaws, habits, or things you could have done differently and need to improve upon right now? Get rid of the bitterness you're holding because it won't make you better but will bring you down. Be a better you, better wife/husband, friend or partner.

**b) Communication** – It is absolutely necessary to communication because no one can read your mind. How are they supposed to know how you feel or think if you don't share it? Open your mouth and talk (not yelling or using profanity) because you'd be surprised how many times someone can easily misinterpret someone's words or intentions.

There's a passage of scripture in Galatians which says, "***The fruit of the spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control***". It's easier to draw your own conclusions, or accuse someone because you don't like how they acted, what they said or what they did. But are you perfect? I'll answer that for you, No you are not. You may not be able to control their actions, but you can certainly learn how to control yours, if you want to.

**Is it really that hard to take a walk down memory lane?** Try it before you decide to leave, walk away, give up, throw away or remove yourself from this relationship you've invested all of your love and time into. Do yourself a favor... **"PLEASE BE KIND AND REWIND"**.