

# Handling Grenades To The Heart

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**A SHARP PAIN pierces your chest!**

Instinctively, your hand raises and its fingers pull the skin together. Marks appear around each of your fingernails.

Is it a **heart attack**? The signs are all there...

- *...lungs fill as breathing gets deeper*
- *...eyes widen, they look in the distance, but, do not really see anything*
- *...the mind swirls, unable to focus on just one thought*

But, you soon realize that the pain, the reactions, your whole body is not feeling something physical, but, emotional.

The sensations to your body might as well have come from a real weapon. Scars appear inside your soul and will remain throughout your life. The slices to the tender tissue of your emotional heart are long, deep and very painful.



It amazes you each time this happens. How the power of another person's words/actions can tear through you as though they were actually a soldier from a foreign power, who is bent on causing you real damage. The war zone built in all sorts of locations, from your desk at the office, to the roads/paths you travel, and even in the private sanctuary of your living space.

Each battle comes with the potential to cause damage that lasts well beyond the first attack.

*"I see you wore 'that' outfit again?", a co-worker tells you as you walk into the office.*

Those words and the loudness of their voice, so that the others nearby can hear, are meant to cause a reaction and inflict the highest possible effect to you and your image. The meaning behind the words are enforced by the rolling of their eyes, the inclusion of others to NOW look at you, and the power-play they wish to engage with you.



They have thrown an emotional grenade in your direction. The power to inflict wounds now, and cause future pains, is real.

There are so many possible reactions to the attack...

- *[Ignoring the threat]* ...(silently shuffle shamelessly to your desk, pretending to ignore the situation)
- *[Support their power]* ...respond back with **"Is there something wrong with it?"**
- *[Attack back]* ...**"I SEE you still have 'that' hair style. I wouldn't be caught dead with one of those!"**
- *[Turn it into YOUR moment]* ...**"Why yes I did. I love this outfit. How nice of you to notice!"**

When you 'ignore' the attack, you are telling the enemy that they don't have to worry about reactions and so can come at you any time they feel like it.

When you offer 'support' to the enemy, they and those nearby feel the actions are justified. Often others will join in with the 'crowd' mentality, by supplying further comments, rolling eyes.



There is the option of 'attacking' back. But, when someone sours the milk, adding more bad tasting ingredients to it only makes an even worse tasting drink. It also encourages more fighting and shows others that you are just 'one of them' as well. i.e. you have allowed 'them' to pull you into their bad image, giving them even more power.

So, how do you face an attack with a reaction that boosts your self-confidence, handles the attacker/their weapon(s), and ultimately causes them to be recognized for what they really are?

You perform a **G.R.A.B.**

(**G**)rab on to that grenade, (**R**)ecognize the negative potential of it, (**A**)dd words of 'self' encouragement, then throw that baby (**B**)ack!

In short: **G**.rab **R**.ecognize **A**.dd **B**.ack



In the outfit situation, the following words causes the following reactions:

- **"Why yes I did."** (let everyone know that 'yes', you did pick it out, put it on, all 'without' their permission or need for approval)
- **"I love this outfit."** (tell everyone that YOU approve of YOUR outfit, no need for second opinions)
- **"How nice of you to notice!"** (give the attacker an opportunity to now support you, or prove that they are really the 'bad' image to look at)

Though this situation revolves around an 'outfit', the opportunity to turn an attack into another brick in your foundation, is always present.



## ----- The "YOUR Not Me" Attack

*"Must be nice being a success! Why do you get to be that way and I don't?", a stranger/employee tells you.*

(G.R.A.B. that grenade!)

*"Yes it is. I enjoy the benefits of my hard work and having the rewards from large amounts of time I dedicated to my success. What goals for success do you have?", you ask them.*



## ----- The "You're Not Worthy To Be In OUR Group" Attack

*"This group is meant for people of ..., and you are not allowed to join us.", a group member exclaims with pride.*

(G.R.A.B. that grenade!)

*"That is a relief. I thought for a moment that your group would be filled with positive people, but, I misunderstood. Thank you for helping me to recognize it would not be a good fit for me.", you calmly tell the agitator.*



## ----- The "It's All Your Fault" Attack

*"I can't believe you caused me to react this way AGAIN! I'm going to have to teach you a lesson!", an abuser shouts at you.*

(G.R.A.B. that grenade!)



*"I am sorry that your emotional state is so easily affected. No need for a lesson. I'll remove myself from you so that you can control yourself.", you respond and then exit the battlefield.*



In these and other moments where you find yourself faced with someone bent on causing your heart to receive new wounds, realize that they are not the only one with power. That you have the ability and RIGHT to protect yourself. For YOU are as worthy as they are. Give yourself permission to defend your tender heart by **G.R.A.B.**ing anything meant to do damage to it.

by David Mielcarek, May 10, 2015

*All of my pieces used in this article can be found on my site at:*

<http://timeforyourmind.com>

**Fun Facts about G.R.A.B.:**

- - I made it up for this article.
- - it uses a 'recursive acronym', where the acronym 'GRAB' is also the first letter/word of the same acronym.
- "Recursive Acronym" Wiki: [http://en.wikipedia.org/wiki/Recursive\\_acronym](http://en.wikipedia.org/wiki/Recursive_acronym)