

I Am Not OK, And That Is Fine

Jan 11, 2017



An old dictionary sits on a table next to you. The hard cover faded from the years of waiting for someone to open and find the words within.

You sit down in a comfy chair next to the table, pick up the book and start flipping through the pages. Your fingerprints become mixed with the large number of past readers.

Finding A is for apple, B is for Beautiful, and so on. You come across one of the smallest words. It is so small and simple, it doesn't seem worth the time to read the definitions it has. Two letters 'o' and 'k' make up the word. You have heard those two letters put together and spoken so many times through your life.

“Are you OK?”, a person in the past asked you after seeing your face.

“It is going to be Ok.”, a sympathetic close friend says after a traumatic event happened in your life.

The definitions for this word call you back. On the page, just beneath the word ‘O.K.’ and ‘okay’, you find one of the meanings:

- *all right; proceeding normally; satisfactory or under control*

When you were asked "Are you OK?", you were not 'proceeding normally'. Control of your emotions had not been possible during your bad day.

Then later, when your close friend used the same word to say "It is going to be OK", did they mean you should proceed normally? That you would magically do things satisfactorily, or that control among the storm would just happen? The definition and what others said made you feel 'not normal', 'not satisfactory' and don't even ask about being in control.

Looking back at the page, you see there are more possible explanations of how the word 'ok' can be used:

- *correct; permissible; or acceptable; meeting standards*

This version of the word went well with how it was used in the workplace.



"OK folks, let's get to work!", a person in charge barks to the minions.

"It is not OK for you to be that way here", someone in the crowd hold told you as your actions conflicted with 'their' standards.

Often you are told whether how you do things, who you are, satisfies the 'correct' and 'permissible' way. Many times you do not feel 'accepted' because you do not meet the 'standards' set by others. Who creates these standards? When was there a vote

which standards are acceptable and which are not? These seem to change daily, and who you are with, or where you are with them.

Jeans with 'bell bottoms' were OK for a time, then put down by the same people who previously called them 'cool'. Hip huggers, penny loafers, were worn with pride, bought with large price tags when it was OK to do so. Now many lay in closets, collecting dust, no longer being correct to wear or in the current standard of dress.

This all seems fishy to you (which could be good or bad, depending on if the current diets think 'fish' are OK to eat).

There has got to be more to being OK. Your head spins and you feel a small headache coming on. The same kind you get when you try to fit within the people or places you come in contact with. Continually changing who 'you' are, to meet the standards, be acceptable, or be 'correct' in your actions is draining.

You look back at the page and read another meaning:

- *doing well or in good health; managing adequately*

Sometimes you are OK. You wake up, the air smells fresh, your legs feel strong and confidence oozes from your core as you take on the world.



Other times, you are not OK. The world seems to be crashing in on you. The financial needs of living, taking care of your responsibilities pile on top of each other. Aches and pains come and attack your body. You don't ask for them, the twinges of nerves, the fat cells that seem to grow on their own (maybe with a little help from that oh so tasty treat). Then the emotional strains overwhelm your senses. The heart aches from the pain from others, the skeletons of your past, the caring for others who you can't control, but, still feel responsible for.

If you do not feel like you are 'managing' these correctly, then you must not be OK. Which then means you are not normal, not correct. It looks like a moving target, placed behind fog, in the middle of the night, being guarded by a fire breathing dragon who has no regards for your satisfaction. What an unfair world for you.

Giving another glance at the book, you see another response to your questions of being 'OK':

- *adequate; but; unexceptional or unremarkable; tolerable*

Tolerable? Adequate? Do others see or want you to be 'unexceptional' and 'unremarkable' when they ask if 'you are OK' or tell you 'it will be OK'?

In your life, you have also used that word. Telling others, it will be OK, telling them it was not OK to do this/that, as they didn't meet your standards or expectations of how they should be. Did they really know what you meant? Did you mean to make them feel outside the normal way of being. The 'normal' or 'correct' boundary being defined by your current view of what is OK.

You have heard many people tell you things over the years. How they had this or that trauma, or how they just experienced a wonderful thing. They have shared financial, emotional, and things of the heart. In most cases, these people share these things with you in the hopes to find their bearings and hoping you will label or tell them they will be OK, or that they 'are' OK. Overtime, even your own opinions of what is good or bad change. At one point, you thought one view on a subject was 'the only way', and later found yourself flopping to the other side, moving the OK target that others must hit.



Since each person is unique, from the experiences of their past, to the desires of their heart, each will act differently than others. Only slightly at times, like when a group meeting asks opinions on the latest plan and most share the 'same' (politically correct) type of agreement, to those times when they greatly differ. Politics and religion are hot beds for showing just how different we all think, feel, act. Each person is doing what they feel important to their views, life or goals. They are each 'normal' and 'correct' when around others who agree, but, are just as 'not normal' or 'incorrect' if placed with others or places that do not think it is OK to be that way.

We are all born, learn, love, and die. The moments between those stages build who we are, give us opportunities to choose one path or another, and allow us to influence others. Inside each of us, is the power to choose how we define words.

You go to close the book, but, notice another meaning:

- *all right, well enough, successfully, fine*

You like this definition and go put on that clothing no one thinks is 'OK', but, makes you feel wonderful inside. Take the path not considered 'OK' by others, but, emboldens you with a sense of success. Stand up for an opinion that goes against the group and yet feels right to what you believe in.

Share and be who you are with the world. It may not be OK with others, but, it is OK with YOU.

8D...ave

I created all of the images used in this article. They can be found at:

<http://timeforyourmind.com/davesArt/index.htm>

Images Used

“Self Transformation”: <http://timeforyourmind.com/davesArt/tfymArtIndex-740.htm>

“Don't Give UP”: <http://timeforyourmind.com/davesArt/tfymArtIndex-738.htm>

“Good Intentions Gone Bad”: <http://timeforyourmind.com/davesArt/tfymArtIndex-753.htm>

“Feeding The Brain”: <http://timeforyourmind.com/davesArt/tfymArtIndex-481.htm>