



Remembrance Day: Did You Ever?

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled "All Psyched Up" for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of "Life is An Adventure...every step of the way" and "Open for Business Success" is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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Did you ever...

- run, walk or work out until you ached all over and then start all over again?
- wake up in the dark and go to bed hours later in the dark?
- practice and practice and practice to learn one skill?
- leave your family for months at a time to live and work in a far-off country?
- think that your boss was a control freak or a micro-manager?
- wonder at times why you choose your career path?
- experience cold, hunger and loneliness all at the same time?
- do what you were told when you didn't understand or agree?
- witness God's beautiful world being destroyed unnecessarily?
- feel desperately ill and not have immediate access to proper health care?
- find yourself surrounded by people who didn't speak your language?
- feel like you were trapped in a job that required too much from you?
- long for your own bed after several nights of being away from it?
- dislike some of your co-workers but know there was nothing you could do about them?
- feel so much fear that you thought you wouldn't be able to carry on?
- trust that you were doing the right thing even when it felt wrong?
- count the days until a project was over?
- survive a violent attack by a group of thugs?
- suffer so much pain that you passed out?
- sleep with your clothes and shoes on so you could run if necessary?
- have to keep your location a secret even from your family?
- grieve because you have lost a close friend?
- stay awake to avoid nightmares?
- get sea or air sick on a long journey?
- feel disillusioned?
- distrust politicians?
- wish that you didn't have to wear a uniform to work?
- crawl through mud on a cold, cold day?
- dread to hear the sound of an ambulance siren?
- not be able to explain what you had experienced?
- run out of words needed to form a prayer?
- smell death?
- know that one little mistake could risk your life and the lives of all those around you?
- realize that your efforts translated into freedom and peace for others?

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- experience a healthy pride from knowing that you served your country?

If you did, perhaps you are a soldier, sailor, pilot, veteran or peace officer who deserves the respect, honour and deep gratitude of us all.

November 11th- Remembrance Day - Lest we Forget!