

Coach's Corner

by Sharon Pahlka, kidney patient and life coach



Guess I'll go eat worms

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For Christmas I gave my grandson, Joshua, a set of *Wee Sing* books. I love to sing silly songs with him. We came across a song that I liked because I remember singing one like it when I was a little girl. Want to hear it?

Nobody likes me, everybody hates me, guess I'll go eat worms. Long thin slimy ones, short fat juicy ones, itsy bitsy, fuzzy wuzzy worms...

As a girl, I also remember feeling sometimes "that nobody likes me, everybody hates me." I still do sometimes. It's hard to imagine a human need stronger than the need to belong. Every one of us desires warmth, companionship, and someone else's heartbeat. It can be a lonely world out there when you feel like you don't belong.

Happily, you can also take steps that work better than eating worms. For one, choose what kind of friend you want to be. Are you a friend who helps, who is honest, who values and supports, who listens, who is trustworthy and committed, who gives time, or who simply has fun with friends? Choose one and be that kind of friend to somebody every week. Seeing friends occasionally isn't enough. Find some exercise buddies. Meet weekly with friends. Volunteer together. Join a support group, a book group, or a carpool. Find spiritual practices and gatherings you can share with others.

To belong, we need to be involved with others, which can sometimes be costly and inconvenient. But I have already decided...no worms for me! I will be part of others lives and belong. What will you decide?

Coaching Question: Where can you take action to increase belonging?

Coaching Tip: Let someone else be a friend to you.

Homework: Check your calendar; arrange some lunches, etc. Make time to see people on a regular basis as you develop a sense of belonging.

Quotes:

- "Solitude: a good place to visit, but a poor place to stay." -*Josh Billings*
- "The cure for grief is motion." --*Elbert Hubbard*

Sharon is a life coach specializing in helping those with chronic health challenges live well and meaningfully. She spent 19 years on dialysis, and for the last 14 years has had a kidney transplant. To learn more and read other Coach's Corner articles, visit her Web site: <http://www.lifeisagift.com>.