**Thoughts and Feelings about Lawn Care**

It’s Spring and time to take care of the lawn again:

* The grass looks long already; I wish I had trimmed it lower last fall. FEAR, REGRET
* I am guessing about what my neighbors think (e.g., why isn’t she getting out there, her lawn looks horrible, what’s her problem). SELF-CONSCIOUS, DEFICIENT, DOING SOMETHING WRONG, SELF-LABELING (LAZY, NEGLIGENT)
* I don’t want to deal with this! I never intended to be responsible for mowing (i.e., ex-husband took care of it). I hate mowing!! Why do I have to do this? It takes up time, and I feel mad when I’m “forced” to do it during my alone time which is vital to my mental health. THREATENED, RESENTFUL, TRAPPED, UNGRATEFUL
* My dad tries to help with ideas and knowledge… Sharpen mower blades. It’s too much! I didn’t sign up for this! Why do I have to do this on my own? I don’t have the knowledge or experience. I could ask my brother, but he is busy and lives far away. ANGRY, INDIGNANT, PRESSURED, DEFICIENT, INCAPABLE
* I’m tired. It’s just one more thing to track, take care of, schedule in, etc. I have to schedule around activities and weather. I can’t always do it when circumstances are ideal for me. OVERWHELMED, DISCOURAGED, EXHAUSTED, PARALYZED
* I always have to check for and pick up dog poop (sometimes 5 piles!!), and I don’t even own a dog! I hate this. It pisses me off. I can’t “not” do it. If I don’t take care of it, I risk stepping in it and/or mowing over it which then spreads it around and makes me have to clean both my shoes and the mower right away. The smell of dog poop is the worst, and it’s hard to adequately clean. Have I adequately sanitized things? WORRIED, ANGRY, HELPLESS
* It feels hard! I don’t like doing hard things! I feel like I have to force myself.

What are my choices and potential outcomes?

Do nothing. LAWN BECOMES TOO LONG TO MOW. NEIGHBORS NOW HAVE MORE REASON TO COMPLAIN. I RISK GETTING A CITATION FROM THE CITY, WHICH MEANS I HAVE TO TAKE CARE OF IT ANYWAY PLUS PAY A FINE OF $250 OR MORE. ALSO, IF I LEAVE IT AFTER BEING CITED, THE CITY WILL SEND SOMEONE TO MOW FOR ME, AND I WILL BE BILLED FOR IT.

PAY SOMEONE ELSE TO DO IT.

ASK SOMEONE ELSE TO DO IT AT NO COST.

DO IT MYSELF.

-Have to monitor and schedule around life.

+My dad bought me a set of new mower blades, so that gives me the option to use them versus trying to sharpen the current ones myself.

+It feels good to stop for a water break. I have cold water bottles ready.

+I do feel a sense of satisfaction (lawn looks good) and pride

+I look forward to having a popsicle when I’m done.

After I’m done, it feels good to have a warm shower and to be clean again.

HOW CAN I MAKE IT EASIER?

Whenever possible, give myself the option to delay it if I am feeling too tired, overwhelmed, protective of alone time, strong resistance (loud “NO”).

Whenever possible, give myself a lengthy timeline versus rushing to get done.

If there is no other option, choose thoughts that help me better versus worse.

Once I get started, it feels less difficult and uncomfortable.

If I just mow, it takes about 45 minutes to an hour. If I trim, it take about 15-20 minutes more.

I asked my brother to replace my mower blades (he said, “Easy!”). I gave myself to ask one of two neighbors would most likely do it with no hesitation.