



## **Backing Up**

By Jillian Kildow, M.A.

Every time I take my car in for maintenance work, the service employees adjust my seat. I'm not talking about a minor adjustment, either. I assume only very tall people work there because it is always at least 5 inches farther back from what it was when I took it in...no, I don't measure, I just know.

Something you should know about me is that I'm pretty darn tall. One might assume that I'd have no problem with the seat adjustment, as it's most likely close to my own seat-to-steering-wheel distance preference. That "one" would be wrong. In fact, I tend to pull my seat forward so much that I am practically hunching over the steering wheel. I don't know why I do this, but it may be because I have a tendency to want to feel in control. Hold that thought; that one's important!

So, just a few days ago I took my car in and when I got it back, sure enough, the front seat was practically in the back seat. However, for some odd reason, I didn't readjust my seat right away as I usually do. In fact, I rode all the way home with it further back than is generally acceptable in my book, and you know what? It felt great!

Upon arriving home, I took a deep breath and considered my drive. My legs were able to rest more comfortably. My knee didn't come into contact with the steering wheel. I could see out of my side window and my passenger side window much more easily. My eyes weren't pressed up against the windshield (okay, that never actually happened before). The best feeling, though, was the feeling I had as I realized that I was still alive! I hadn't crashed! I hadn't lost control of the vehicle and I felt better in the driver's seat than ever before.

I can't help but draw a parallel between my experience in the driver's seat of my vehicle and my experience in the driver's seat of my life. I tend to like to be in control and sometimes I overestimate the amount of control I need to have to the point that I resist change, change that often is very positive. I appreciate this experience because it taught me to be more open to change. Sure, a car seat's distance from the steering wheel may seem trivial, but that small incident taught me a huge lesson: sometimes you just need to relinquish control, and back up. You might just like the view.