

letting it SOAK

I have a lazy after-dinner habit of letting the caked-on food in a roasting pan or crock pot soak in suds in the sink so I don't have to wash it right away. When I lived with my parents, I remember Mom sometimes saying, "Let it soak" about a dirty pan as I scampered off, elated to be free of the elbow-greasing chore.

Sometimes though, I attack a dirty pan immediately and with vigor, determined to scour the gunk and be done with the chore so as not to face dirty cold dish water in the morning (realizing the kitchen faeries might fail to show up during the night).

I equate the "let it soak" pattern with incidents in our lives and relationships. Sometimes we must recognize it is better to "let it soak" as in: walk away from an argument, cease sarcasm during a spat, hold in angry words, and allowing "stuff" to roll off our backs.

Letting it soak means letting others/ourselves think and cool off before REacting or taking ACTION. On the flip side, however, sometimes it's better to tackle life's "grime" immediately: get a dreaded conversation over with, deal with an uncomfortable situation and then let it go. Get your hands dirty, cry, break down, move on.

Like a caked-on pan, sometimes we know when it's more beneficial to let it soak and when to clean it up immediately.

know when to leave it alone