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Metrication emotions

We need to recognise that metrication can be, emotionally, a very mixed blessing. Metrication all around the world has brought outstanding benefits at surprisingly little cost, but it has also produced personal trauma for everyone involved. If this personal trauma is not handled well – or not even considered as part of the metrication process – it can leave permanent scars and reminders of the damage that any bad process can produce.

When you (and your team) first face metrication you will need to consider questions like this from individuals who are part of the process of metrication:

- 'In what way will my workplace change as a result of metrication?'
- 'How will metrication change my relationships with my colleagues at work?'
- 'How will I learn to use metric measures?'
- 'How do I find a good metrication trainer?'
- 'How bad will the changes be?'
- 'What are the possible complications?'
- 'Will I lose control of my job, or of my group?'
- 'Will the others still accept me if I can't learn this new stuff?'
- 'With the training, will I be able to keep up with the others?'
- 'Will anyone find out about the stuff that I don't know (that I might have been covering up for years)?'
- 'Will my boss use metrication as an opportunity to get back at me for the prank I played at the office party?'
- Will anyone find out that I am afraid of how I will handle the change?

When you look at these questions you can see that most of these emotional fears are really about how others see us and on how they treat us.

Remember, it is the emotionally based fears and questions that will endure long after the process of metrication is declared at an end. It is not the technical features of metrication that will hurt you in the long run; it is the emotionalism in the process of metrication that causes the trauma.

Positive attitude

As we all know, one of the major keys to adopting change is to maintain a positive attitude.

Whingeing, whining, and denigrating the process and its promoters will only delay metrication and make us, personally, miserable while we do it.

As Robert Schuller put it so succinctly:

The good news is that the bad news can be turned into good news when you change your attitude.

Or to quote Victor Frankl:

When we can no longer change a situation, we are challenged to change ourselves.

The more positive you are and the more willing you are to be open to change, then the better your resilience and coping skills will be. People with a positive attitude are the ones who easily cope with metrication. We all know that a positive attitude is a good thing, and in times of dramatic change such as metrication, it can be the best skill you can have.

If you focus on the negative aspects of the emotionally based questions, your life will be a misery right through the process of metrication. But, if you can think positively, metrication will be a delightful (and short) experience for you.

You might like to consider the words of Napoleon Hill who said:

Every adversity, every failure, and every heartbreak carries with it the seed of an equivalent or greater benefit.

One of the techniques that works, using this idea, is to find and list all of the benefits you will soon have from metrication. Consider your personal benefits, your group benefits, your company benefits, your national benefits, and the world benefits.

Here are some other positive thoughts that you might like to focus on:

Metrication is a personal process. You are the only person who has the power over what you tell others, when you tell them, and how you tell them. Use your power to tell others about your progress in metrication only when you feel comfortable. Maybe others will be making the same changes as you at the same time but, remembering that metrication is a personal change, you can't help others to change and they can't help you. Like you, they will have to change by themselves.

Metrication is just as new to others in your workplace as it is to you. We all tend to think that other people think about us much more that they really do – in reality they don't think about us much at all – they're probably worrying about what you think of them!

As Eleanor Roosevelt put it:

No one can make you feel inferior without your consent.

Metrication will not take anything from you. All of your knowledge about inches, feet, yards, miles, ounces, pounds, and tons will still be there. You won't lose this knowledge you will simply use them less often.

Metrication will soon become part of you – as normal as your ability to count to ten. Metrication is not a disease but a positive addition to your capabilities that you will carry with you – and use constructively – for the rest of your life.