



Episode 137: What to Do When You Hear Shark Music

Sometimes, you can't help but feel like something's about to go horribly wrong. It's like swimming off a peaceful beach and feeling like a shark is about to come up and grab you. You brace yourself, feeling stressed and anxious as you wait for the moment to strike.

You may hear shark music, but that shark you're waiting for might not even exist.

Assuming bad things are about to happen can leave you tense but the danger doesn't always exist. You'll enjoy your day at the beach — and your life — much more without the pressure of your imaginary sharks.

Rachel talks about what to do when you hear shark music so that you can thrive better.

Podcast links

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Quote to remember:

'If you knew that the shark wasn't going to eat you, that actually, there wasn't a shark, you'd be jumping straight into that water. You'd be having a lovely swim.'

What You Will Learn

When you've gone through something upsetting, you might find yourself expecting it to happen again. Shark music can play even on a perfectly wonderful day, and you end up stressed and anxious just waiting for the shark to arrive. The activity below gives you helpful tips on what you can do to stop the shark music from playing.

Your assumptions are one of the main reasons you hear shark music. Once you assume that something bad is about to happen, you start to respond negatively. This can affect how you interact with others and how you work. But you can overcome this when you choose to assume the best. Just like the student in Rachel's story, adopt the philosophy of expecting the best and you'd be surprised to see it come true.

People aren't always out to get you, and they often have good intentions. They're likely more worried about themselves and getting what they need. You need to understand that the shark you're waiting for isn't always real. You can enjoy your life better knowing that you aren't in danger.

You can tone down the shark music playing in the background. When you recognise your triggers, reflect on your assumptions, and start assuming the best, the shark music stops. You can lounge on the beach or take a dip in the ocean in peace, knowing that no shark is out to get you.

Activity: Stop Shark Music from Playing

Identify situations in the past wherein you heard shark music. What was happening, and how did you feel at that moment?



It's good to be of aware situations that caused shark music to play for you. Write down your triggers and shark music that you've observed. Continue listing these down in the future.

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Your assumptions can taint your interactions and trigger the shark music.

When have you assumed something about someone you're talking to? How did this affect how you acted around them? Share your story.

Now, recall a situation wherein you had zero preconceived notions about someone interacting with you. How different was it from the previous story you shared?

Who have you given the benefit of the doubt? Write your experience below, and share how it turned out.



Recall moments and situations in the past wherein you heard shark music. Imagine what could have happened if you assumed the best instead. How would it affect your actions?

Moving forward, catch yourself playing shark music. Ask yourself this question: If you knew everything was going to be okay, how would you respond? How would you act?

CPD time claimed:

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