



*Countess Drusilla Steele's 3-Step Guide to Living the
Unscheduled, Unconventional, Life*



Welcome, Gentle Reader, and Congratulations! You've made a wise choice in seeking guidance from myself, Countess Drusilla Steele. I am the absolute authority on living the unscheduled, unconventional, life. Although, I do have a confession to make...Are you ready...?

It actually took me a long time to find the courage to accept my unscheduled life. But once I did, it gave me the freedom to live the unconventional life that I'd never been brave enough to live before. I was too busy trying to conform. Too busy trying to be normal.

I'm not saying it was easy, because it fucking well wasn't. But I either went completely around the bend, (and trust me, I'm already half way there) or I found something else to feel passionate about.

I knew it was never going to replace the children I never had. But I choose to believe that there's a reason why I don't have kids, I'm just not yet 100% sure what that reason is. So, until I figure it out, I'm gonna live the way I want to, dress the way I want to, and write the way I want to. And one of the things I want to do, is help you reach the stage that I'm at. Hopefully it won't take you as long as it took me.

So, without further ado, here's Countess Drusilla's 3 step guide to living the Unscheduled, Unconventional, life:

1. **Do not, ever, at no time, never, give a shit about what anyone else thinks of you.**

They don't like your hair? Tough. They don't like your outfit? Tough. They don't like you dancing naked in your backyard under the fool moon? Tough. Make sure you dip in their direction.

"Fantastic advice," I hear you say. Now, how exactly do I do that?

Ah well, it does take practice. As with all things, start small. Affirmations and visualizations! Very big words, I know, but also extremely powerful. Stand in front of your mirror and state "I am a badass. I am a strong, capable woman, who takes care of herself. I am my own validation." Do this at least 3 times a day, more, if you're having one of "those" days. Don't worry if you don't believe it, trust me, if you tell yourself this often enough, you will believe it. You won't have a choice.

2. **Stop lying to yourself.**

Really. What's the point? That image you're trying so hard to put out there? Do you really think you're pulling it off? Trust me, Darlin, you're probably not. If you're anything like me, you've spent a long time trying to fit in with whatever life you thought you should (there's that word. I hate that word!) want, and never feeling that you quite managed it. That you're not like the others, that you're a fraud. Well, you are a fraud. Stop it. Just stop it. Be. Who. You. Really. Are!!! You might just be surprised at who likes you.

"Yes, Countess Drusilla, I hear what you're saying, but..."

Nope. No buts. I don't care. You're doing it again you see. Stop finding excuses. When you find yourself doing something that feels uncomfortable, or you have to force yourself to do it, or dress a certain way, or whatever, you're lying to yourself. Stop. Give yourself a stern talking to. Preferably with a wagging finger. You are better than this! You are stronger, wiser, and honest with yourself and everyone around you. You are your own person!

3. **Embrace the grief.**

Yep, that's what I said. Embrace the grief. It might be different for you, it might get easier for you, as time goes on. It hasn't for me. To the day I die, I will probably mourn the life I thought I was going to have. But I can't function in this world if I'm going to confront that grief every day. So, I have to consume the pain, I have to acknowledge that it's part of me, and let it fuse with the rest of my being. Then I'm gonna put that grief to good use. I'll use it to create something amazing, to give something beautiful to someone else, to produce something earth-shattering and phenomenal! (Can you hear the theme to Star Wars in the background?)

Sorry Countess, I think you've definitely lost it this time. I don't want to embrace the pain, I only embrace things that I like.

Well then, learn to like the pain. No, not like that. (There's always one person that has to lower the whole tone, isn't there?) Maybe "like" is too strong a word. The pain is always going to be there. It's not going away. You can't ignore it. You've probably tried to, but it hasn't worked, has it?

You can always choose to spend the rest of your life wallowing in the pain. That is your right. Countess Drusilla is a firm believer in a person's right to own their own feelings. However, if you do choose to take the wallowing path, let me suggest you take a blanket and a picnic lunch along with, because you're going to have a long, dissatisfying, unfulfilled, life.

If embracing the pain is too hard for you right now, get some help. Counselling, spirituality, support groups, a good old-fashioned moan to a friend. Use all of these and any others you know that help. (The Countess is very fond of a soak in the bath and a Buffy the Vampire Slayer marathon.) Find what works for you, and go with it. And you can always email the Countess at countessdru@gmail.com, perhaps book a consultation. It doesn't really matter *how* you do it, as long as you get the help you need, and find another way to live a fulfilling life. If you don't, then what the fuck was the point of all that pain, self-analysis, and soul-searching?

So, there you have it, my Bawkie Bairns, the ultimate words of wisdom, from her gorgeousness, Countess Drusilla Steele.

I'm looking forward to getting to know you, to hearing your story, and to helping you write a new one!

Until we meet again, stay true to you!



The Countess

PS: To those of you who are not of Scottish descent, (obviously, you have my deepest sympathy) a Bawkie Bairn is a Scottish baby bat!

