



WHAT TO DO

IF LIFE STARTS TO GO PEAR SHAPED!

For most people, at some point in their lives, luck seems to run out. Your business goes bump, your house is repossessed, you lose your job, your kids appear to hate you, the dog won't come near you, and the cat has run away!

The Buddhists first universal truth is that all of **life is about suffering**. That sounds pretty negative doesn't it? But the truth is that we all suffer on some level, at some time in our lives. It would be naïve to believe it would be otherwise. Life is a game of snakes and ladders, with all of its up and downs. We can enjoy these episodes if we approach them as a scene from a play. The big secret is to know what script to use and what to do when life dashes out to the garbage bin, and gets taken away by the dustmen.

Conditioned responses

Understand that your brain has been programmed by circumstances and people ever since you were born. Generally we are not taught how to deal with adversity, and when people class you as a failure or give you lots of sympathy, you have become a **victim**.

Good coping strategies could go a long way towards reducing the level of violence, depression, stress and suicides that we have in today's fast paced stressful world. We are becoming a society that seeks blame for everything.

Don't allow yourself to become one of life's victims.

Welcome change

One thing is an absolute certainty and that is that nothing in life is permanent. Everything changes. After summer rain we have a rainbow. After death we have new

life. Good luck follows bad luck and so on and so forth. Be appreciative of that fact, and it will help you to cope with your situation

Accept the situation

The first step is to fully acknowledge what has happened. Don't try and hide it from the people that need to know, and don't attempt to hide it from yourself. Do not try to bury your feelings, allow them to come to the surface and feel the pain. If you bottle anything inside of you, I guarantee it will surface again at some point in your life. I speak with experience on that one!

We are inadvertently taught to move away from emotional pain, but it is useful and progressive to feel it. If we try to numb it with anti-depressants, food, alcohol or drugs, we are merely masking the problem. We are not dealing with it. I fully understand that it is horribly uncomfortable and unpleasant and that the urge to get rid of it is unbearably strong.

The truth is that if you are feeling bad, then some part of your life is not working for you. By sitting it out you will discover the truth, and yes that may be painful but will bring you to an ultimate point of recognition of what you need to do to feel happy and fulfilled. **Don't ignore this golden snippet of information.** It is responsible for much of my own success, and many of my client's successes. It works. I truly wouldn't pass it on if I didn't fully believe it.

Don't be a victim

Secondly, don't blame other people or circumstances for what has happened. At some level you may be responsible. By recognising this you generate a different energy towards the situation. Blaming anything external sets you up as a victim, which is not coming from a place of power.

How do millionaires deal with hardship?

It is a fact that a lot of today's millionaires have experienced bankruptcy before they became highly successful. They may have lost millions on the way. The truth is that some of those 'failed' millionaires go on to start other businesses, which become a

multi million pound success. Some don't. The successful second starter is the person that takes some responsibility for the downfall of the business. He or she also has the knowledge that it is possible to become a millionaire, so they use that as a model to create their next success.

How can I change?

Once you have accepted that your life has suddenly nose-dived, the next stage is to start asking yourself

'How can I change this for the positive?'

What steps can I do to create a better situation for myself?

At this stage you are probably feeling pretty squashed and battered, so it may appear to be a difficult step for you. Do it anyway!

Look at the worst case scenario in your situation, and ask yourself 'how can I deal with this if that happened?' you don't need to figure out the answers, just ask your brain the question and then forget about it for a while. In a few minutes, hours, days or weeks you will suddenly find that a solution presents itself

Find support

A supportive person can significantly help you through your difficulties. You don't need someone to say '*there there poor you*' but you do need a person that says '*come on, what are you going to do and how can I be a support to you?*' They will cheerleader your successes, and say, '*what's next*' when things go pear-shaped. They will never use the word **failure**, but will use the word **opportunity**.

Seek out this person if he or she is not in your current circle. It will be the difference between **everything** and **nothing**! That simple!

Recognise opportunity

As I have overcome difficulties in my own life – and believe me there have been far too many along the way – I began to adopt an excited attitude when adversity knocked on my door. I stopped asking, '*why me?*' and started to say to myself, '*wow something really great must be coming soon*' and it always does. Some of my clients

have been able to realise their dreams after a traumatic or difficult event. It changed their lives, and not only did they allow it to, they embraced it. The outcome of which is far greater than can be imagined.

In closing

Don't be afraid to be who you are. In grief you grieve, in pain you hurt and in joy be joyful. Don't let others put you down. Don't let people steal your dreams, nor chivvy you to a place that you really don't want to be in your life. Take your time; deal with things at your own pace, as and when they come up. Don't be afraid to **step up** and move away from those people or things that are inhibiting your own growth. And if you need me as your support then you know where I am.

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BE HAPPY