

To beat, or to be beaten down by difficulties

How do you face difficulties? When facing difficulties, our ultimate goal is to tackle and overcome them. But do you have the experience of being trapped under the sad emotion, losing all your passion, energy and the only thing that exists in your mind is “TO QUIT, or TO GIVE UP.”

A negative result doesn't necessarily indicate a negative decision. “So rather than tearing your hair out about a wrong decision, or applauding yourself for one that may have only coincidentally led to success, remembering **WHY YOU CHOSE WHAT YOU DID** is most important.”

We tried to evaluate the options we got in hand and made the best decision that allowed us to reach our dreams, targets, or goals. But every journey has its inevitable obstacles, we should first calm down and don't be blurred by our sad emotion when we face problems. Then, recall from our memory: **WHY WE MADE THIS DECISION**, which helps us to recharge our energy and pump up our passion. Once we got a clear vision of our dreams, targets, or goal again, we will be more motivated to continue by searching for solutions and learning from our mistakes.

It is difficult to search for solutions, but it is even more difficult for learning from our mistakes. We seldom admit that we haven't performed well and most people like to find numerous excuses to justify what they have done. Also, we refuse to accept the unpleasant failure. The depression resulted from our failure really knocks us down, so we are unwilling to conduct an in-depth analysis of our failure. Indeed, *failure gives us the most precious opportunity to figure out our weaknesses; thus we shall become more mature* and failures also act as a reminder to help us avoid falling into the pitfall again.

Self-talk is the life jacket for us when facing difficulties. We won't easily sink into the sea of depression if we hold this life jacket tight, because talking to ourselves may motivate us to carry on and *it can rekindle our hope*. We won't find the solutions to solve the difficulties immediately through self-talk, but we may gain encouragement, motivation and we shall be hopeful.

Difficulties aren't as scary as evil. Stay positive when we face them! Try to apply self-talk. We may figure out our weaknesses through the battle with “difficulties” even when we lose. Alternatively we may gain confidence when we win. Winning or losing, we can benefit from the battle with “difficulties”.

Let's face difficulties upfront.

