

E-magazine: Esteem Yourself E-magazine

Title: Trials of Happiness

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Need advice about self-esteem, self-worth, or confidence? I'm here to help. If you have a question, send it to info@esteemyourself.com. I'd love to hear what's on your mind.

Happiness is not always so easy to grasp especially when unhappy times present themselves. However, without knowing what it feels like to have times of sadness, we wouldn't be able to appreciate happiness and embrace life completely. Looking for the good in everything is key to making any obstacle easy whether the moment presents us with a happy or sad face.

Controlling Thoughts/Thinking Happy

A great way to transition from unhappy situations involves self control. Knowing that you can control how you feel about what happens around you. No matter what you may be going through it is crucial to stay focus on positives and happy thoughts. Be optimistic, think of better times, and focus on your blessing and achievement.

Addressing Situations

When you start to dwell on unhappy circumstances you become consumed by the pain, anger or sadness. These feelings can drain you and make you fee unable to assume a happy and joyful life. In turn, you may keep yourself in this state determining that you have no joy that awaits. This frame of mind can hamper your development and keep you from overcoming feelings of sadness. However, addressing the situation immediately and dealing with your feelings will help you move forward.

Reverse Unhappy Thoughts

When you begin to think unhappy thoughts the best step to take is to reverse the thought. For instance, if you are studying for an examination, you might be feeling frightened and nervous. Reverse your thoughts of not doing well by using words of affirmation and control your nerves by practicing calming exercises before you approach the podium.

A Bright Future

Though the present may not seem so blissful it doesn't mean the future will not be. As with any obstacle, they come and go and you gain knowledge and experience. You also become strengthened and gain determination to overcome any obstacle. Think of it this way, the best is yet to come. No matter what you are going through look forward to a bright future.

Overcoming

We all go through obstacles but with determination we overcome. Regardless of what burdens, troubles or worries you face you will have the strength to overcome it. Remember that in addition to steps to happiness and other tools, finding good friends, family members and professionals you can overcome any obstacles. As you grow, sharing it with others will give you an opportunity to help others be strengthened in their adversities and build their confidence.

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