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- Scary but scrummy - Halloween party treats



INSTRUCTIONS FOR HAPPINESS - PART 9

BY SUSIE PEARL

'When life feels difficult'

We all have challenges and difficulties that arise through life. For some, it's an ongoing state of feeling challenged or struggling. For others, there can be big life events that come along to send us into a tumble or crisis.

Whatever the challenges that come up in life, one thing is for sure: it's how we respond to each and every one that determines our inner and outer success. Everything that comes along to take us off track can be used to teach us important lessons.

What would we do differently next time? What is it we need to change? Do we need to take a look at the quality of our relationships and shift whatever needs shifting? Can we communicate our boundaries clearly? Do we even know where our boundaries are?

When things get tricky, know we can learn and decide how we respond and feel. Take some time out, pause, breathe and assess. Gently look at the situation through the eyes of a neutral friend. What advice would we give ourselves if we were a wise observer looking at the situation? Remember that problems come and problems go. Nothing stays the same.

Technique: Give your inner critic a well-deserved holiday. Over the next seven days, monitor your inner critic. Take note of your habitual thinking style and notice any inner comments that do not serve you. Keep a note pad near by and take note of some of the bad things you say to yourself. Invite your inner critic to take a hike and now swap your attention to something positive instead. Make sure your inner critic takes some time off, ideally, permanently.

Affirmation: My thoughts are powerful and I am mindful of my thinking. I have power over the quality of my thoughts. I give myself plenty of relaxation time. I am better able to cope with all that life throws at me this way.

Susie Pearl is a writer and broadcaster on happiness. Her book 'Instructions for Happiness' is published by Quadrille. Visit: susiepearl.co.uk

Parco Otto Sentieri

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