MAKING BEST OF BAD EXPERIENCES!

Some of the advice in the articles below may not be relevant...some may be very helpful....

We will all encounter terrible situations in our lives - the terrible professor, the evil boss, loss of a job, a death, a divorce, illness or worse... perhaps MUCH worse....

The following articles may provide you with a few ideas to properly "frame and address" your situation. Embrace the relevant. Discard the irrelevant. Be careful not to discard relevant advice!

(Don't take forever to realize that "water, exercise and vegetables are good for you!"))

REMEMBER:

1. Regardless of your perilous situation, a positive (glass full) attitude can only help!
2. You are not the first to encounter your situation...and your never alone...you may think you are...but there is always someone nearby in the same or worse situation.
3. Talk to someone that can help you objectively strategize !
4. Remember what Ben said: If you fail to plan, then plan to fail! (Benjamin Franklin)

Hang in there!

The above does not mean to imply or suggest that we should perpetually stay in a terrible situation. Some situations indubitably require a BIG and RAPID change. Never panic !

That is what the frog is teaching us. It is always good advice to reflect, understand, examine the PROS and CONS of alternative responses, do your homework, plan and take control. Be careful not to make the situation worse!

http://www.freeaffirmations.org/turning-negative-experiences-into-learning-experiences


Mistake 1: Do your job and ignore your colleagues

Talk...network...

Mistake 2: Do everything your boss asks you to do – and then do more
Intelligently compromise and negotiate

Mistake 3: Accept the salary that is offered to me without doing my research

Mistake 4: As the problems increase, isolate yourself more

Mistake 5: Stay even when the ship is going down

http://www.personalgrowthapproach.com/happiness/personal-growth-tip-how-to-successfully-manage-bad-experiences/

http://allnurses.com/general-nursing-student/making-the-most-780135.html

https://www.pickthebrain.com/blog/how-to-turn-negative-life-experiences-into-positive-life-lessons/

http://www.lifehack.org/articles/featured/7-practical-steps-to-turn-around-a-bad-experience.html

1. They accept that they are not going to like everyone.
2. They bear with (not ignore or dismiss) those they don’t like.
3. They treat those they don’t like with civility.

“Cultivating a diplomatic poker face is important. You need to be able to come across as professional and positive,” says Ben Dattner, an organizational psychologist and author of The Blame Game.

This way you won’t stoop to their level or be sucked into acting the way they do.

1. They check their own expectations.

“Expecting others to do as you would do is setting yourself up for disappointment and frustration.”
1. They turn inwards and focus on themselves.

Remember: it's easier to change your perceptions, attitude, and behavior than to ask someone to be a different kind of person.

6. They pause and take a deep breath.

Take a look at what sets you off and who's pushing your buttons. That way, Bartle says, you can prepare for when it happens again.

According to her, "If you can pause and get a grip on your adrenaline pump and go to the intellectual part of your brain, you’ll be better able to have a conversation and to skip over the judgment."

7. They voice their own needs.

Avoid accusatory language and instead try the "When you . . . I feel . . ." formula.

1. They allow space between them.


1. We don’t let our children experience risk

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1. We rave too easily

This "everyone gets a trophy" mentality might make our kids feel special, but research is now indicating this method has unintended consequences.

Kids eventually observe that Mom and Dad are the only ones who think they’re awesome when no one else is saying it.
They begin to doubt the objectivity of their parents; it feels good in the moment, but it’s not connected to reality.

1. We let guilt get in the way of leading well

Your kids will get over the disappointment, but they won’t get over the effects of being spoiled. So tell them “no” or “not now,” and let them fight for what they really value and need.

Be careful not to teach them a good grade is rewarded by a trip to the mall.

1. We don’t share our past mistakes

1. We mistake intelligence, giftedness and influence for maturity

1. We don’t practice what we preach

Here’s a start:

1. Talk over the issues you wish you would’ve known about adulthood.

2. Allow them to attempt things that stretch them and even let them fail.

3. Discuss future consequences if they fail to master certain disciplines.

4. Aid them in matching their strengths to real-world problems.

5. Furnish projects that require patience, so they learn to delay gratification.

6. Teach them that life is about choices and trade-offs; they can’t do everything.

7. Initiate (or simulate) adult tasks like paying bills or making business deals.

8. Introduce them to potential mentors from your network.

9. Help them envision a fulfilling future, and then discuss the steps to get there.

10. Celebrate progress they make toward autonomy and responsibility.

How are you parenting your children?
Are you sacrificing their long-term growth for short-term comfort?

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The following is good philosophically and pragmatically:

https://en.m.wikipedia.org/wiki/Serenity_Prayer

God, grant me the

SERENITY to accept the things
I cannot change,

COURAGE to change the things
I can,

And WISDOM to
know the difference.