

When Bad Things Happen

Bad things can happen to good people! Whether it be a sickness, death of a loved one, loss of a job, a series of mistakes, or relationship conflict, bad things can just happen. What's important during these difficult times, is how you treat yourself and others.

These four principals taken from the book, "The Four Agreements," by Don Miguel Ruiz can help you create new habits that will help you get through the most difficult situations.

- ✓ **Always be honest.** Speak with integrity and say only what you mean. Avoid beating yourself up or deflecting your hurt by gossiping about others. Words are powerful! Your internal dialogue can either build yourself up or tear yourself down. Use this power to create positive relationships with others and show yourself kindness and love.
- ✓ **Don't take things personally.** Nothing others do is because of you. What others say and do is a projection of their own perspectives. Taking things personally occurs when we automatically believe another's perspective regardless of our own. Care less about what others think about you and more about your own internal beliefs and values.
- ✓ **Don't make assumptions.** Ask lots of questions. Communicate with others as clearly as you can to avoid misunderstanding. You might not know what others are truly thinking and feeling. Opening yourself up to another's point of view shows respect and empathy. Avoid making assumptions that impact your own view of yourself. For example, "No one likes me," "I will always get rejected," or "Bad things always happen to me."
- ✓ **Always do your best.** For most, their "best" comes during times of high confidence. To do this, you must avoid self-judgement, self-abuse, and regret. Doing your best means enjoying the action, having fun, and doing what you enjoy. It is not created through simply seeking the ends, reward, or compensation. Simply put, enjoy the path traveled, and the destination will take care of itself. Live in the moment, be fully alive right now. Avoid too much focus on the past or future.

Although these principles sound simple, integrating them into your life can have a profound impact on your happiness and quality of life, as well as, how well you handle the bad things that sometimes happen.

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