

Finding Happiness when faced with Problems?

We all face problems. Some small, some big. Some of us seem to have to handle one problem after another.

When faced with a big problem, sometimes we feel as if the whole world is against us. When we feel bad, it is easy to blame someone else or an event. Therefore the natural tendency is to blame the person or the event that seemed to have initiated the problem.

Although it is easily done, blaming others would not improve your life and would not ensure your long term happiness. As soon as we take responsibility for the way we feel and change the way we think, life will begin to improve.

When something bad happens, always ask yourself the question “what could **I** learn from this experience?” Think how **YOU** could change. Take positive actions.

Very often we identify a person who did something to upset us. As long as you hold a grudge against that person you would feel bad. (The other person may not even know that you are affected by his/her actions). Forgiving the other person will emotionally free you to move forward.

Sometimes, we make a mistake (making mistakes is natural and helps us to become better individuals) and we punish ourselves over and over again. If we accept the mistake, learn how to avoid such mistakes in the future, we can forgive ourselves and move forward.

So, let us learn to forgive others and forgive ourselves for any mistakes, errors or mischief. When you make a decision to forgive, you are effectively making a decision to be happy.

Let us take a simple example. You are happily driving along the road in your car at a steady speed. Suddenly a car overtakes you (probably at a speed above legal limit), cut across your path nearly causing an accident. You manage to apply breaks to prevent an accident. He drives away and possibly did not even know that he nearly caused an accident. You then get angry and start shouting at the driver who is already quite distance away.

Now let us think about this. By shouting and blaming the other driver, who is suffering? Who is feeling bad? Would that person change and become a better driver because of your anger?

On the other hand, if you tell yourself, “OK his driving is not good. He is probably in a hurry and probably he had an argument with his family before he started the journey. So I will forgive him for his mistakes and I am glad that I was paying attention to the traffic around me to prevent a potential accident.

Take the responsibility for the way you feel. Decide yourself to be happy and happily march forward in life.

Take Responsibility and Find Happiness!