

1: 9 Ways to Cope When Bad Things Happen

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The way we solve them is what makes us different. When it seems like the world is out to get you? When things go wrong no matter what you do? You are not alone. Bad things happen to all of us too, including me. I experienced a small set back recently which I want to share with you. Not too long ago, I was working on my upcoming eBook. After lots of hard work, I was 90 percent done. At that time, it was pages. The final book was almost pages. I was happy with the progress. Unfortunate Turn of Events One evening after I got home, I sat at my computer and opened my document, ready to start work. Imagine my horrified look when I looked at the document and saw the cover design was an older version. Bewildered, I checked the page count. It was pages, pages lesser than my latest version! This was an old version I was working on a few days ago. I had always been careful with my documents, especially having experienced painful reworks before from document crashes and what not. It seemed there was a software error which caused an older version of my file to save over the new version, even though I had saved the latest version. I was almost done with the book, ready to launch and my latest file disappeared. It was disheartening and honestly, somewhat depressing. After fiddling around for fifteen minutes, I came to terms that the latest version was gone. Two hundred pages of material and endless hours of hard workâ€”all gone. Almost immediately after I realized the document was really gone, I got right to work. I listed down what changes were lost in the old version so I could redo them. I added them on my to-do list and mapped out my schedule so I could still meet the original launch date. I was determined to meet my launch timing and I was not about to let this hiccup throw me off. If anything, I felt more charged up than anything. Our Negative Coping Behaviors There are many possible negative things that can happen to us in a dayâ€”from the little things like coffee spilling, being caught in a traffic jam, losing our keys, having people criticize you , to the bigger mishaps like getting into a car accident, losing our valuables, breaking up from relationships , or losing our jobs. Why am I so unlucky? Dejection or giving up. We lose hope, or worse still, we give up. You are not the only person facing this. What sets you apart from others though, is how you choose to deal with this situation. Here are my personal steps to cope with bad situations and create something good out of them: Talk to a friend about it. A listening ear does wonders. Go exercise and release the tension. Realize you are not alone. Somewhere around the world, someone else is thinking the exact same thing as you. Someone out there is feeling down and out too, wondering why she is experiencing this. The problem will still remain whether you go berserk at it or whether you think about it calmly. The former will create more problems as your agitation prevents you from making good decisions. I knew remaining frustrated was not going to help me get my pages back, so I focused on what could be done instead 6. Know you always have a choice. Realize no matter what happens, you always have a choice in how you react. While you may not be able to control what happens to you, you can most certainly control your behaviors. Remove the feelings and look at the situation objectify. This will help us cope a lot better. Focus on what you can do. By taking action, you are no longer a passive recipient. You are a conscious creator. Ask for help if you need to. Remember, you are not alone in this 2. See it as an obstacle to be overcome. Life is a journey of learning and growth, and everything happens for a reason. Identify the lesson learned. There are always things to be learned from every situation. No matter what bad stuff life throws your way, as long as you cope with it constructively, nothing can get you down. What has been useful for you? Feel free to share with everyone in the comments area below. About Celestine Chua Celestine Chua writes at Personal Excellence on how to achieve personal excellence and live your best life. Get her RSS feed directly and add her on Twitter celestinechua.

2: Access Denied | BB&T Bank

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SOMETHING BIG IS HAPPENING TO ME, BY W. EASTLAKE. pdf

3: Something | Define Something at www.enganchecubano.com

Great win in Steinbrenner's 1st ever Bowl Game vs East Lake. There is something special going on here! Great way to send off our seniors with a winning season and building our future with a 4 game win streak Warriors are coming!!

4: Big East Conference (â€“) - Wikipedia

stinkyhat www.enganchecubano.com in Texas Something's Happening does anyone have a source on this? Source: stinkyhat notes from Items tagged as True Meme.

5: The Uncrossing by Melissa Eastlake

The Tour Championship starts on Thursday, with the 30 golfers remaining in the FedEx Cup Playoffs looking to win at East Lake and potentially collect a \$10 million bonus.

6: â€ŽAroundMe on the App Store

In Spanish, you can use the expression "tener ganas" when you feel like doing something. For example, if you feel like going to the beach, you will say "tengo ganas de ir a la playa".

7: Happening Synonyms, Happening Antonyms | www.enganchecubano.com

Biographical Note. William Eastlake was a writer who was born on July 14, He grew up in New Jersey during the Great Depression, and following high school he hitchhiked across the country.

8: Tour Championship Wraps Up FedEx Cup Playoffs at East Lake

Republican lawmaker from Arizona to vote 'yes' to confirm Judge Kavanaugh 'unless something big changes.'

9: Shawn Mendes - Something Big Lyrics | MetroLyrics

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