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Each One! Bless One!

You Make a Difference!

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*From Love Living Life Today! Newsletter
with Love & Relationships Coach, Dr. Torri L. Griffin, LPC.*

Love Living Life Today! Newsletter Part Two. What are some situations you need to "get over?" Mine have included questionable workplace decisions made by lousy managers, missed promotions, items being stolen from me, deliberate mistreatments by "so-called friends," unfair performance reviews, being stood-up for dates, etc. What past situations are occupying your mind and robbing you of the opportunity to enjoy the things that are going well in your life today? What thoughts are preventing you from having the focus, concentration and positive attitude you need to achieve your goals and dreams in the future?

I suggest you make a list of those experiences, whether they were created by you or others, whether they are minor or major, whether they happened years ago or yesterday. Once you have your list, then decide how you will move beyond those situations and leave them in the past, where they belong.

Depending on the magnitude of the experience, here are nine strategies to consider doing:

1. Think of the lesson you can garner from the situation. Remember the quote by the Dalai Lama - "If you lose, don't lose the lesson." Make the lesson a constructive one instead of a negative one. For example, "in the future I will be more careful who I trust" vs. "in the future I will distrust everyone."
2. Write a letter forgiving the person who disappointed or hurt you. This letter is not for you to send; but rather is to help you express the negative emotions you may have so you can feel better and move past the situation.

3. If it is a mistake that you made, forgive yourself. Know that we all make poor decisions or err at various times in our lives. Hold yourself accountable for making progress instead of punishing yourself for not being perfect. If you need to apologize, do so with sincerity. Also think about things you can do differently in the future to avoid making the same mistake again.

4. Engage in "relative to what" thinking. This concept is one I read about years ago in a book entitled, *Looking Out For #1* by Robert J. Ringer. His theory of relativity (not to be confused with Einstein's theory) states that we view situations as being unfortunate until we think of them relative to more tragic circumstances. Once we see things in that perspective, we are able to view the same situations quite differently.

5. Think I will be "stronger," "more compassionate," "a better business owner," "a better person," "more understanding," etc. because of the situation.

6. Understand that the incident allows you to put into practice your spiritual or faith-based principles of acceptance, understanding, and forgiveness.

7. If appropriate, consider approaching the person who disappointed or hurt you. Let them know how you feel about the situation. Maybe getting their point of view about what happened or their apology will be beneficial for you. You may even find out that their actions were not intentional or that they were not aware of the fact that you were disappointed or hurt.

8. If necessary, join a support group. There are situations that require the help of others in order to get past them. Do not be embarrassed if you find that is what you need to do.

9. Understand that some incidents dealing with loss, injury, or damage may require that you obtain legal assistance or get the law enforcement authorities involved. You may also need to seek individual professional counseling to work on your internal feelings and reactions. Sometimes we may need to use several of these strategies at the same time, if just one alone is not working for us.

My final thoughts - remember the opening quote.... "You cannot truly move forward if you are always looking back." Whatever the situation is, find a way to get past it. Your present happiness and future success depend on you doing so.

To take a lighthearted look at moving beyond the past, visit www.GetOverItDay.com. This website is a humorous and optimistic approach to looking at the disappointments and hurts we have experienced. It even has an amusing video with a catchy song you can watch that may help you "Get Over It." If you have thoughts to share with me on this subject, please click on the button below. You can sign up for Donna's monthly motivational newsletter, by clicking here. Donna Satchell is currently writing "Just Get Serious About Success." She is looking for readers to give her their opinions about the book prior to its publication. If you are interested in reading one chapter, please let her know by sending an email to Donna@JustGetSerious.com. The chapters are approximately 7 - 10 pages in length (that's average book pages, not 8 1/2 x 11 pages). You will get inspiration and valuable ideas from whatever chapter you receive. In addition, for your time and suggestions, she will send you a free e-book titled 303 Solutions to Boosting Creativity and Solving

Challenges that she wrote with ten other success skills experts.

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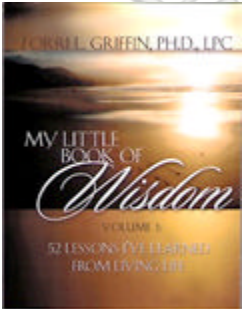
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Dr. Torri L. Griffin, LPC is a Love & Relationships Coach based in the Atlanta area. She works with individuals, couples, and groups on improving the quality and quantity of love in their lives. She is the author of **My Little Book of Wisdom, Volume 1: 52 Lessons I've Learned from Living Life**, and leads seminars and workshops on ways to Love Living Life! Visit her website for more information on forming lasting and loving relationships and sign up for her monthly newsletter at www.LoveLivingLife.com. She can be reached at (404) 805-1756 Wisdom@LoveLivingLife.com.

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