



Adjusting the Situation

Can you change the situation to play to your strengths? Adapting to a given situation means changing the situation to suit you. Sometimes this is the best option, particularly if you can set it up to play to your strength. For example, when you take on a project, can you get the right people on board that compliment your abilities?

Things change constantly: Loved ones die. Jobs end, as do relationships. People get promoted, couples get married, children are born.

And guess what? The positive changes can be just as hard to adapt to as the negative ones are. Below are some tips on how to adapt to changes, both good and bad, to make your life easier. When there is a good change, accept it. You may not believe you deserve it, or you may just not be ready for it, but the only way to move forward and make the most of it is to embrace the positivity that does arise.

When a negative change is approaching, start looking for alternatives before it actually happens, if you can. For example, if you know your business is in trouble and you hear things that make you feel insecure, don't wait until you get fired. Start looking for another job. Even if your current position does not change, you will gain valuable experience and perhaps a better concert.

Change is permanent, so we usually don't notice small or expected changes; this is when you are surprised you may be confused. The trick is to know that this is just one of the millions of changes that will happen in your life and, good or not, do what you can to just roll with it.

The hardest part is adjusting to emotional changes. For example, when you are heartbroken, acceptance is not always an easy option. You may not understand to be objective. In these cases, you need to process your feelings and this may take some time. If you want it to run faster, contact a specialist.

When you start developing feelings for another person, it's as if everything changes. Overall, people who fall in love see life differently, and it's really easy to get caught up in feeling and ignore everything that is happening. Take care of each day and enjoy your loved one.

Take responsibility for how you deal with changes. Dr. Albert Ellis, once said, "The best years of your life are the ones in which you decide your problems are your own. You do not blame

them on your mother, the ecology, or the president. You realize that you control your own destiny.”

If the changes in your life are overwhelming, you don't have to deal with them all by yourself. Friends, family, support groups, and counsellors are available, but you do have to reach out and ask, which can be hard. It may be a struggle, but you don't have to suffer. The love of those who care for you can make your life much easier.

If you are someone who hates change, then you are going to have to at least tolerate it when it happens. There is no law saying that you have to like what's going on, but you do have to find a way to cope, because change happens, like it or not.

Living in our rapidly changing society can be difficult. Things change so fast these days that the moment you open the box of your new cell phone, it is probably out of date. Learning (at your own pace) to deal with the changes happening around you is a great survival tool. We used to say go with the flow and that may be the most convenient way to deal with the future.