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I KNOW GOD WON'T GIVE ME ANYTHING I CAN'T HANDLE. I JUST WISH HE DIDN'T TRUST ME SO MUCH

MOTHER TERESA, FOUNDER, MISSIONARIES OF CHARITY



# Lessons during tough times

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**W**hen we go through, rough times, what is going on deep inside our hearts and minds? We are stressed of course, but what beyond that? What about that one constant feeling that remains with us, which eventually also defines the outcome and effect of those times on us? During such times, are we questioning ourselves? Questioning those around us? Doubting God? Or fighting with the Supreme One for not letting things be the way we like them? And finally, do we end up asking, "Why me?"

Usually how we feel deep within defines how the situation will affect us. We may come out as winners even after losing what is closest to us or we may come out so badly affected that we start questioning our faith and existence. When we are going through a tough situation, it is most imperative to keep our faith alive. It is absolutely necessary to understand and believe that whatever is happening, is happening for the best. Even if it causes us pain, it is important to remember that the universe always has a bigger plan and this incident, what we also call our toughest time, is just a little

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is for the best, we always come out winners.

Some of us deal with tough situations in complete denial, even while we are going through something, we keep feeling, "This can't be happening to me." Denial takes away the power to learn from our experiences. Unless we accept something as part of our lives, it does not have the power to teach us. All we get out of such situations is suffering and pain. This suffering and pain eventually leads us to ask, "Why me?"

At such times, ask yourself, when we have brilliant things happening in our lives, when we succeed in something important or when we are happy, do we ever ask, "Why me?" When we don't question the good things, then why ques-

then why should we question the difficulties? During such times, we should remember that the more difficult the test is the more profound the lesson will be. Another important thing to remember is that we only get the tests that we have the capability to go through and pass.

Amongst all our reactions in such times, one of the most common is to fight with God. During the tough times we show Him our anger and threaten Him by saying we will never pray to Him again. So, aren't we making our faith too conditional? Is such a faith in God faith at all? It would be much easier for us if, instead of showing our anger, we surrendered to Him. An important thing to remember is that difficult tests are only for tough people. So if we think our test is too tough, we need to think again. If the answer still remains a yes, then we can easily conclude that the Almighty considers us tough enough to handle such a situation. Hence when we encounter a tough situation, we should enter it with complete faith, trust and a willingness to learn. Life would be easier and the tough situation would just seem like a bed of roses with just a few thorns in it. Just remember to be a bit calmer, a bit more patient, a bit stronger and a tiny bit braver.