

How To Go Through Difficult Situations

Take control. But don't worry. You don't have to take control of the whole situation from the beginning to the very end. Just take full control for a second until you push yourself into the middle of a situation until there is no return. Until getting out of the situation takes more effort than going through it.

From that point on, you can either decide to go through the whole thing consciously, or let your best "self" take over, and let that "self" of yours make the best out of it.

What you are basically aiming for is making the situation into something from where you can't escape. At which point you WILL GO THROUGH IT. No matter how challenging or difficult it may be.

Just say from that point on "Happens what happens".

And you will see it will gradually get easier and easier.

Commit. Push yourself into the whole, and you get out from it as you get out from it. That's none of your concern. Your attention must be on getting things started in a way that it has to be finished.

Do your best.