



When life doesn't go as planned



We all have things that didn't work out the way they were "supposed" to. Whether it's a consequence of something we've done or simply circumstances that are out of our control.

I was supposed to be married by now. I was supposed to be promoted by now. I was supposed to have achieved (fill in the blank) by now.

When life happens and plans change do the following:

BE COURAGEOUS...about discovering who you are. When something unexpected happens that changes our life plans, it can shake us to the core. We become vulnerable, unsure of ourselves, and unsure of what to do—and this can feel very uncomfortable. Be brave and ride those feelings out, because you may just discover what it is that you are truly in search of.

BE HONEST...with yourself. Even though life hasn't turned out the way you had planned, it does not mean that you have failed. There's no need to make excuses, judge yourself, or shy away from this truth.

BE FLEXIBLE...to a different life and to new experiences. There's no point hanging on to what could've been, because it can make us bitter and resentful. With an open heart and mind you can truly let new experiences into your life. You never know what exciting events may come your way, but that's the beauty of it.

BE KIND...to yourself. Whether you believe what's happened in your life is your fault or not, you must be gentle with and forgive yourself. It serves no one, especially not you, if you don't "talk" to yourself tenderly.

When to seek additional help

Individuals with prolonged reactions to unplanned events that disrupt their daily functioning should consult with a trained and experienced mental health professional. These professionals work with individuals affected by stress to help them find constructive ways of dealing with the emotional impact.

For Further Information:

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