meaning.
worthlessness.
should also have a say in it, if you’d like to be happier.

In order to improve.

past, or worrying about the future, consider what changes you can implement right now, in
easily lead to the misconception that life has no meaning.
subconscious way to avoid purposeful.
or our own faith. Obviously, this type of mindset may lead to a lot of negativity and a feeling of
that meaning. Remember, you can start with the smallest of steps, as long as you do start.
style.
affirmations, alternative thoughts, or however you choose to call them, life can take on a new
do, is try to ask yourself questions, such as:
capable of changing our own lives for the better.
worked upon.
increase positive actions, concentrated around the present.
fighting gravity without any tools – impossible.
meantime, remaining in circumstances you konw well, even if they are unfavorable, is often
lives. We may feel like a timber boat, being thrown around a vicious ocean, with no control of
those areas that are meaningful to you. After that, all that is left to do is take action towards
life's events to either internal or external factors.
repetitive actions.
comfort zone. Although both the past of future may be sources of torment, worrying could be a
A repetitive cycle, with no excitement, no prospects of change or fulfilling one's dreams, may
reality, fear of failure is more common than you'd think.
right mindset. This means changing your perspective and adopting a more rational thinking
experiences and interactions with other people. However, it can be changed. All you have to
future, which hasn't happened yet.
you who chooses how to interpret what happens to you. With the right set positive
doesn't bring any benefits towards our future.
of molehills. Of course this is not purposefully done – it is a subconscious process that can be
as a result of a mere mistake.
it is crucial to first accept your imperfections, before you strive to improve.
right time to do so.
positive things, such as taking a walk, reading a few pages of a book, etc., and gradually
may sound a bit harsh, but that's just the way things are. Living an "error-free" would be like
"My life has meaning"
"One mistake doesn't make me worthless or incompetent"
"I'm a fallible human being, just like everyone else"
"I'm responsible for my actions"
"It's time to live in the present"

Create Meaning
Training for the Present
Changing Your Perspective

So what is the meaning of life?
Worrying May Provide Comfort Zone
Fear of Failure

You don't have to engage in tremendous change straight away. You can start by doing small,
Life is neither black, nor white. Most situations are somewhere in the gray area. However, it is
Negative thoughts are often focused on worries about the past, which is already over, or the
"How is my interpretation impacting the situation?"
"How can I interpret this situation differently?"
Many of us wake up, go to work, come home, watch TV, and then go to sleep, day after day.
If struggling with depression, life may have become a series of strenuous, tedious and
We either tend to get tangled in painful memories and regrets, or unconstructive worrying that
Your locus of control is something that has gradually developed over the years, through your
In other words, it may be easy blow small problems out of proportion, by assuming the worst,
One of the most fundamental rules of living, is that people are prone to making mistakes. It
These are mere examples – you can come up with your own questions. Just make sure you
External locus of control, on the other hand, robs us of our sense of control, over our own
However, whether a mistake would be defeating or would provide a learning opportunity,
As you already know, we are all prone to making mistakes a failing sometimes. In spite of this
Never forget that your mistakes are valuable lessons that can help you improve your life.
A psychological concept, called locus of control, investigates a person's tendency to attribute
"What could I do, in order to change this situation for the better?"
"What could I do differently next time?"
Taking actiong may often be difficutl, because you are venturing into the unknown. In the
You probably hear this all the time, but have you ever stopped to think about it? Perhaps now