

When bad things happen to good people

No one is safe totally, bad things can happen to good people. We can't predict what will come our way in life. Unfortunately, we all get our share of bad things happening over the course of our lifetime.

So what are we supposed to do about it? How should we look at these unfortunate problems?

Well we don't really have a choice because bad things happen to good people.

What we can do is seek to adjust how we react to them. Of course, we may feel hurt, injured, disappointed, angry, furious and feel unjustly affected by life circumstances.

These are all normal reactions to painful experiences.

Over time, what we don't want to do as we work through the initial pain and likely anger, is stay stuck in these emotions. Hanging onto injustice or unfairness emotions like pain and anger can lead to depression and hopelessness. In these instances, the experience has doubled in its affect on us negatively.

Instead, I am suggesting that we begin to separate ourselves from what happened and seek to adjust our mindset and reaction. Of course, we will do all we can to prevent it from happening again and to make whatever changes are possible in our lives, family and communities.

Then after making prevention strategies, we can look at how we are looking at what happened.

We can change our feelings from loss, pain and anger to proactive healthy thinking. It would be good to begin thinking of good things coming our way, of good things that we have in our current lives. Many people make a gratitude list for their current lives and then reflect on it by reading it often when they start feeling down.

Identify specific activities, habits and people that make you feel positive and happy to be alive when you do them or are with them. Next step would be to put into your daily schedule these activities and people.

We can't control what happens to us in life, but we can control how we react to it. The goal would be to not get stuck but to move forward expectant of better things to come the next few days, weeks and months.

As my father, Coach George Allen would say, *'The big thing is not what happens to us in life, but what we DO about what happens to us.'*

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