

The bright side of life

Psychology



In addition, it is also true that I tend to perceive life as rosier than it is sometimes, but I do not think this is bad. On the contrary, if one willingly chooses to observe life as a unity of the good and bad, manages to focus on the good and learn from the mistakes that represent the bad, he is on the right path to a full and rich life of personal satisfaction and gratification.

Aside from this, my problem-solving skills have also been perfected in the sense that, unlike most people who get paralyzed when they are confronted with a difficult situation, I stop and think it through carefully. I do not waste time bothering myself with scenarios that could have been, and “ if only he/she did not do it, now I would not be in this predicament.” I find this type of thinking detrimental to the process of solving the problem in question. A happy mind is a healthy mind and there is nothing that a healthy mind cannot do.

In the end, it is all about how we perceive life, and I always take mine with a big spoon of sugar!