

# [Discussion 2.1](https://assignbuster.com/discussion-21/)

[Psychology](https://assignbuster.com/essay-subjects/psychology/)

Psychology Discussion 2 We can’t have a plan on case unexpected event in our life are going tohappen. (That’s why such events are called “ unexpected”.) But we can prepare ourselves for those challenges life may bring us with a new day. Also we must consider that unexpected events both can be positive or negative and the same event always has both sides. But if positive changes make us happy and more confident, negative things are those we must learn how to face.
C. S. Lewis used to say in Chronicles of Narnia: “ If one is nervous theres nothing like having your face toward the danger and having something warm and solid at your back” (Lewis, 2014). In case unexpected things are happening with the one part of your life it’s better to face those problems while other parts of your life are fine and stable and can encourage you on dealing with the problem. That’s why I’m planning someday to start my own family, keep terms with my old and new friends and for now I’m trying to maintain those family relations I already have.
I think to pay more attention on one side of your life is irresponsible. World’s changing so fast you can’t know what’s coming tomorrow. It’s usually a professional work where unexpected changes happen more often. And to feel support from your family and friends every day is necessary.
Another important thing is your own motivation. If you know, why do you need to achieve a goal this knowing gives you a strength to achieve it. I usually motivate myself both reasonably and emotionally when I need something to be done. Knowing why exactly you need something to be done also helps to separate important things from unimportant ones.
Reference
Lewis, C. S. (2014). The Horse and His Boy. California Books Inc.