

Positivity from disappointments in life

Psychology



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The paper “ What Can Be Learned from the Life Disappointments?” is an affecting version of an essay on psychology. Humans are generally short-sighted and anxious by nature. Most individuals are unable to view the entire picture as they are only able to see the positive hindsight of a happening after an elongated period of time. People usually resort to extensive acts of self sympathies and frustrations to deal with disappointments in life and consider their unfortunate instances as the end of their lives. This is a rather cowardice approach to dealing with one’s disappointments. On the contrary, one can believe in the following quote by Henry Ward Beecher and extract positivity from disappointments in life, “ One's best success comes after their greatest disappointments”.

Life accumulates memorable times, as well as undesirable instances.

Disappointments are inevitable in life, therefore, they should be taken as an opportunity to revive one’s character and to learn vital lessons. One such incident also took place in my life that changed my whole perception of life and made me stronger than ever before. My father, whom I trusted and relied upon for all the comfort and happiness in the world, divorced my mother and deserted her for another partner. The father, whom I looked upon and admired for ages, disappointed me immensely with his selfishness. In the midst of suffering the pain of my parents’ broken marriage, I realized the value of true friends and family relations. I learned to judge people on the basis of their real faces, rather than their pretentious gestures initiated as a result of personal gains. My father’s deceit made me stronger in life and taught me the relevance of staying true to oneself. Morals and values are more important than any other individual, therefore these should never be

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influenced by any other mortal. In an attempt to attain someone's approval, people often try to change themselves. My mother seemed to be in a constant struggle to please my father when they were still together, even if it meant going against her morals. This endeavor makes one lose his real existence and the attributes that would provide him self-efficacy and self-satisfaction.

Another important lesson that can be learned from disappointments is to face the situation and take time to reflect upon the incidents. Life is a constant learning experience and wise people never commit the same mistakes. The unfortunate experiences should be analyzed to identify the instances that might have been better executed by the difference in course of actions. This analysis makes one a better person and vigilant about the things that should be avoided in life. Successful people learn from their mistakes and refrain from repeating them. As a result of witnessing a huge disappointment in life, I comprehended the relation between words and thoughts. I would have never been able to come out of the shock if I had made myself believe in the inevitability of my survival from it. My positive thoughts will power and support from sincere friends and family can take one a long way in life.

Life is a journey; the voyager has minimal control over the occurrence of the pitfalls that might be experienced by him. However, he has extensive control over the way these instances are tackled and thus, survived.

Disappointments should not become a source of remorse and distress, rather taken as an opportunity to learn lessons and grow as a human being.

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