

Homework

One of the most important things you can see after many years of working with people is that every time they have a lesson they have to pass, they try to dodge and shift their lesson to the side. This is amazing. They will do everything to avoid passing the lesson.

Let's talk for a moment about the lesson, and what it is. When I am talking about a lesson, I'm talking about that difficult time that everything seems to be going against you, people do not understand you and the feedbacks you get from your surrounding people are not simple. A Lesson is a place in your personal development that the reality tells you to focus on and you learn about yourself one or two things through it. A lesson can be, when you get the same result every. Let's say you are trying to talk to your partner about the financial issues in your relationship and you get a feedback from him that you're tough and argumentative. And in the same days, your client gives you the same exact feedback on a completely different subject. Within yourselves you already know that it's not really by chance but you do not really want to deal with it, analyze it and confront it, so you "slide" and move on. And then, that same week your adolescent boy also tells you some harsh sentences about your rigidity, but you are within yourself, still not stopping to learn the lesson.

In order to succeed and learn the lesson, the person needs a number of qualities that he should adapt to himself. The first feature is openness and an understanding that we are not perfect. What can we do, me and you, and we've already talked about it a lot, are not perfect and probably will never be. In order to succeed in passing the lesson and grow from it, one must be open to growth and learning. Yes, he needs a minimum learning curve.

The other thing is the ability to contain oneself and accept that you are "wrong" sometime and imperfect. This is an extremely important ability in the path of personal development. People who cannot accept themselves when they are wrong and when they are "not ok" will never be able to accept themselves all the way. They will not touch the essence of self-acceptance that says, everything is fine, even when I'm "wrong." I am allowed to make an error, I am allowed to make mistakes, even when I was impatient, vicious, aggressive, these are human qualities that can be worked on.

What you can usually see is that people who have a lesson to pass, immediately begin to look for who to blame or who to blame for their bad behavior. It is therefore worthwhile for a person who wants to learn from his lesson, to take an uncompromising responsibility for his behavior and not to seek easement for himself.

The greatest thing that a person who wants to learn from the lesson and even correct his ways in his life, is the ability to listen to the reality and learn from it. We do not have another teacher like her. There's a saying that says, "If three people tell you in the morning that you're drunk, you should check if you did not drink a little too much last night."

Our environment is the most fertile ground for development. The feedback we receive on our conduct is our best teacher. Do not miss them or relieve them.

People who know how to go and learn through the lessons that reality gives them, always benefit. In the end, they become fuller, more serene, more intelligent people, and more importantly, with higher quality of life and self-esteem.

If you recognize that reality invites you to a lesson, stop for a moment, breathe deeply, it could be that you may have a difficult time, you may have some unpleasant things on the way, maybe a few conflicts with people around you and maybe a little soul searching. In any case, it is only a period of time, and it is an amazing period, exciting and instructive. At the end you will come out much bigger and more powerful than you were before. Accept the lesson with love and the difficulty of embracing.

Write down what you learned and what you can do otherwise. Go and repair yourself.