

New Opportunity?

"The end is always the beginning of something else, better, worse, do not know what more, end is always the beginning of something else." That's what the lyrics say, but is it really like that? And if it's really like that and every end brings with it a new beginning, why is it so hard for us to remember when we reach the end? Logically, indeed, every end we experience in our lives comes with a new beginning for something else. Still, often, that consoling thought of a new beginning does not succeed in making us feel comforted in so many situations where we experience an end.

When we experience the end of a certain period in our lives and this can be the end of our job in a certain place, the end can also be the end of a relationship and end can even refer to significant transitions that we make in our lives such as a certain transition from city to city or even from country to country. For all of these situations we treat it as endings in our perception, even if we were the absolute initiators of a certain ending (such as our decision to move to another country or even leave a job), still most of us are caught up in a mild depression and even sadness feel when we end periods in our lives.

Our perception of the end in our lives is sometimes similar to our perception of death. That is to say, quite a few people perceive the end as absolute and as irreversible. By the way, an interesting point to look at is that it is not always so. Sometimes the end is so temporary and not as terrible as we perceive it. Moreover, sometimes the end of a certain thing, even if it looks sad, painful, turns out into a great blessing. You must all be familiar with stories of a separation between spouses, one side sees the separation as a terrible tragedy and the end of the relationship as the end of the world. Sometimes the interesting thing to look at is that the side that sees the end as a terrible thing in such a separation rehabilitate and continues his life more easily.

A positive way to look at an end of a period is as a new opportunity for new things. Separation is an opportunity to meet new people and experience new experiences, and dismissal from a job can sometimes be an opportunity for progress in your professional life, change and improvement and transition from one geographic location to another, can bring lots of new opportunities and adventures. If we all learn to look at the end not only as a beginning but as an opportunity, we can reduce the level of pain and fear that exists in our lives.

So what do we do?

1. Look at your life and find two examples where you have dealt with an ending in your life. What was your perception of the ending and what were the results of your struggle?
2. Write down what you could have done differently so that the quality of your life would be less affected and record what you found out later.

3. In your next encounter with an ending in your life, write down how you would like to deal with the situation and what you need to do in order for that situation to be managed by you in a qualitative manner.