

Two Fundamental Laws of Attitude and Perspective in Life.

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People in general will be better off to learn, integrate, and implement two major lessons in life. First, we all have to get over criticisms that other people will give us. Criticisms are often non-productive. Sometimes they are very productive if the person giving the criticism has considerable credibility and the criticism was asked for. For the most part, unsolicited criticisms need to be taken with a grain of salt, to quote an expression. One needs to let them roll off of you like water rains off your hat. If a person gives unsolicited criticism no matter how it's disguised, the best approach is to thank them and tell them you'll take it into consideration. Then leave it at that. Don't get defensive and don't respond to the criticism in a reactionary way.

Giving Criticism

Criticising someone can be counter productive if that person is not responsive to criticism or has not asked for criticism. Tread with care when offering criticism especially if it was asked for. Giving the criticism is a time for diplomacy with the utmost care so as not to hurt feelings or impose on belief systems.

Groups

We all need to get over not being included in certain groups that we might like to be included in. This is just a fact of life. All of us are unattached to most all groups in the world. The problem arises when one sees a group that one WANTS to be included in. This is, in reality, ourselves imposing this stress upon ourselves. It is not the group's fault. The desire creates the stress. This was talked about sometime around 500 BCE if my memory serves me correctly. Funny that this desire thing is still present today and causing us stress.

Coping

Developing a thick skin is a protective coping mechanism. Coping with stress other people level on us in the two above scenarios, means developing an awareness of yourself and how you are personally responsible for your own happiness. If your response to criticism and being left out is most always a reactive one, particularly a defensive reactive one, then you are doing life wrongly. Change your reaction. Change it now.

If you are imposing your own stress on yourself, ah, well then awareness is your first step. Self-imposed stress is one of the more difficult things to change as it moves into the behavioural change field and those are difficult places to go, particularly in the Self-Help thread in life. Learn a meditative coping skill to wipe out the stress instantaneously. You have to build it. You have to practice it. And then, it will last you a lifetime and it will work every time. The secrets are buried in our Library somewhere. Self-sufficiency is the way of the adult human brain.