



How to handle tough situations: Finding Inner Strength to survive the toughest crisis and life challenges

Gabriel S. Vaughn

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Any life event can take on crisis proportions if it is experienced as abrupt, extreme, unanticipated, or emotionally super-charged. We experience crisis as bouts of frustration seemingly leaving us without ways to cope or to adjust. Wave after wave of dreadful feeling sweeps over us and we are not able to anticipate when or if this nightmare is ever going to end. It can also look as a fairly abrupt event where there is an impending danger of hurt to self or others you care for. Crisis may also be specified on the basis of the actual extent or gravity of the situation, not the kind of subjective issue dealing with the person, and whether any recognized crisis triggering mechanism is in the vicinity. There are cumulative impacts to crisis events. The higher the variety and intensity of tensions or crises, the higher the need to have to establish coping mechanisms. We just need to understand that individuals have different emotional and psychological reactions to difficult situations that occur in their lives. To a huge degree, the distinction is attributable to our individual personal histories. In this way "brand-new life experiences" are whittled down to size; their individuality is made and interpreted accordingly based on that person's subjective filters of perception. Significant illness/injuries, cheating spouse, unemployment, death of love ones are examples of the sort of household crises people typically face. The death of a child is specifically tough to handle Death of parents, of a spouse are as equally if not more distressing.. In this book were going to go much deeper on the different kinds of Crisis and more importantly, how to deal with them, how to toughen up in moments of crisis where we are needed the most! ===== TABLE OF CONTENTS =====

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