

Dealing With Adversity / Report

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- Table of Contents -

Successful People Deal with Adversity	3
How to Learn from Adversity	5
How to Handle Getting Laid Off	7
Helping Others Deal with Adversity	9
Consider Opposing Viewpoints	11

Successful People Deal with Adversity

Did you know that successful people deal with adversity? It's true. If you read the stories or profiles of most successful people, you will be surprised at just how adverse their situations were. They often tell the stories for others to learn and use to overcome adversity.

You should read the profiles of successful people. They contain gems of information and can act as a resource for everyone else. The story is one aspect of reading about them. However, how they dealt with the situations is often a source of inspiration. When you become inspired, you increase your chances of dealing with your problems.

Inspiration doesn't last forever, unfortunately. You need to reinforce the message. If you can, try to set aside time to read one story of a successful person every month. It will help you with your inspiration, and it will feed ideas on how to use their stories to make your life easier or better.

The stories of some people are dated. However, their techniques may be timeless. A perfect example of this is Dale Carnegie's *How to Win Friends and Influence People*. The stories themselves describe people and occupations of days long gone. But, his techniques are as valid today as they were back then.

You can read all about the stories of successful people and get inspired. But, if you don't take action, it will be of little help to you. At that point, you become nothing more than a dreamer. Having dreams is good, but you need to make sure you take action on those dreams.

Reading the stories of successful people shows that they are just like the rest of us. There isn't anything superhuman about them that led them to their successes. You will find a common theme among those facing adversity. They had persistence and kept a positive attitude. Those two attributes will take you far when facing any situation.

You can choose to read stories online or find material in your local library. You can also choose to find stories on the internet. Be careful of the resources you find online. Anyone can publish whatever they like and

sound convincing on their authority. Make sure you check the resources and keep a critical eye out for people who don't present qualified information.

When you get in the habit of reading material of successful people, you will shift to a successful mindset yourself. You will have a memory bank of stories to draw inspiration.

How to Learn from Adversity

You never want to face adverse situations. Unfortunately, they will happen. It's not a matter of if, but when. If there is to be a silver lining, it's that you will learn from them. That is if you are willing to learn.

The deeper the adversity you face, the more it tests your resolve. You will learn much about yourself in how you deal with your situation. Of course, if you are not willing to admit you have the situation to deal with in the first place, then you won't draw from those lessons learned.

You will learn to reassess your priorities. Suddenly, you will discover what is truly important in your life. For instance, you may think your job is the most important aspect of your life. Then, you face your adverse situation and realize that your family and friends are much more important. You can always find a new job.

You will learn that change is the one aspect of life you can depend on most. People have a difficult time accepting change. The trouble is that change continually happens. When you find yourself in a situation where you have no choice but to deal with something, you will accept the change. If you don't, the problem may not correct itself. You will become miserable by not allowing change to occur.

Seek the opportunities that may exist from your adverse situation. You may find that you are good at something you hadn't realized. The situation forced you to use skills you didn't know you had. It's difficult to think in this capacity because you are dealing with your situation. But, try to recognize the opportunities.

You are going to meet people as part of the process. These people may be key in helping you through your situations. More importantly, a few of them may become close friends. Adversity has a way of bringing people together.

Some adversity lies in dealing with others who don't agree with you. That allows you to learn about how others approach a situation. You will see what kind of character those people possess. Try to learn about their

feelings and their motivations. When you do, you can see their perspective on the issue. Although you may see their point of view, it doesn't mean you have to agree with them, nor does it mean you should back down. However, you will be in a better position when dealing with them.

How to Handle Getting Laid Off

You get up every day and think about the tasks you need to complete when you get to work. You feel overwhelmed at work, but you know it's good to have a job that pays the bills. Then, you arrive at work, and your boss calls you and several other coworkers into a conference room. A Human Resources person is at the meeting, too. Then, your boss gives all of you the news that you are losing your jobs.

Being dismissed from work is never easy. Your first thoughts are how are you going to pay the bills? Do you have enough money to cover your expenses for the next several months? It's not as easy as it used to be to find a new job. Even when you find something, companies take several months before you end up starting with them.

The first step is not to panic. Losing your job is an adverse situation. However, it is not the end of the world. You will find something eventually. Besides, you can always start up a business online. It's never been easier or cheaper to get something going. Of course, that doesn't mean it is easy to make money when you take that route. It still takes work.

Don't focus on what happened with your job. Instead, focus on how you are going to rectify the situation. That puts your energy in the right place. Further, you will have less of a chance of gaps in your employment history.

Some people take drugs and alcohol after being fired, and that's something you need to avoid. It's easy to get hooked, and once you do, it is challenging to overcome the situation. It could lead to you postponing your search for your job. Worse, you will likely alienate your family and friends. Contrary to popular belief, alcohol is a depressant. If you are down about your situation, it will further drag you down.

Try to cut back on spending. It's easy to rack up credit card balances which will become harder to pay when those balances reach unmanageable levels. Hopefully, you have saved some money for emergencies. If so, use this money instead of hitting up the credit.

If you find yourself strapped for cash, make sure you pay your mortgage or rent before any other payment. You don't want the bank hounding you down and eventually foreclosing on your property. You can negotiate the payment terms on other bills.

Helping Others Deal with Adversity

At some point in your life, you are going to experience adverse situations that you need to handle. You learn from the experience that you have the strength to overcome most anything that comes your way. Sometimes, others you know may need help when dealing with their adverse situations. Because you have helped yourself, you are in a good position to offer them help.

The people you are trying to help may need to open up about their situation. If they are denying that it's occurring, it is going to be difficult to help them. They won't accept your offers of help because they don't believe anything is wrong. Your offer may fall on deaf ears with them, or worse, they will get angry with you for even suggesting something is wrong.

Sometimes, the best way to get them to realize they are experiencing a problem is by asking them how they would handle the same situation if they needed to help someone else. By getting them to focus on an outside entity, even if fictitious, they start the mental process of identifying the problem. It's not a guarantee that they will come around when you do this, but it certainly can get the process started.

Assuming you can get people to recognize the problem, you can help them take action to handle their situations. You may want to search for help online. Research before they do so that you can help them when they get to that point of doing the research themselves. It's not a bad idea to learn more about the situation. You'll be better able to help them.

If you have dealt with the specific situation before, that will speed the process. The person you are helping can ask questions about your experiences and what you did to cope or get through it. You will likely have a list of resources prepared from your experiences. You can volunteer to go with them to any support groups or meetings. Once they get started, however, they probably won't need you to continue going with them.

Helping others deal with adversity is not an easy task. You should expect to get resistance, especially in the beginning. But, if you can get them to see the problem, they may be ready to take action towards the recovery process. It can be rewarding to know that you helped people start on their road to recovery.

Consider Opposing Viewpoints

Adversity often stems from people having misinformation about a situation. People assume information that isn't true, but they act on it as if it was. To counter this situation, learn how to take the other end of an argument or the opposing viewpoint.

The first step is to consider the people you have an issue with and learn more about them. You may not agree with their political views or have some other bias against them in some way. For instance, religion is always a topic that creates different standpoints and beliefs.

There is no excuse for not finding information about your adversaries. The internet has loads of information on every topic imaginable. Stating that you don't know much about a person's heritage or religion won't be an easy argument. People will ask why you didn't look it up. If you are stuck finding information, visit your local library and ask the reference librarian. They are skilled at research and can help you.

Read material that you would never find yourself reading. Do this even if you're not facing an adversarial situation. It gets you in the mindset of accepting differences in others. You can look for magazines and books, or you can view blogs and forums related to the topic you want to learn.

You aren't required to agree with adversarial topics. You only want to learn more about them so that you have information on your side. When you make arguments with information, it will become difficult to challenge them as you can cite your sources.

Play devil's advocate when approaching any subject. Try to pose questions that your adversaries would pose. See if you can understand why they would pose those questions. It may get you to rethink your own beliefs.

It's also important to understand the motivations of your adversaries. Sometimes, people try to raise money for a cause, and they will use propaganda to get people to buy into their way of thinking. When this happens, knowing the truth and facts will help you to confront people acting in this manner.

Try to refrain from name-calling as this never solves the problem. It makes you appear petty and can strengthen the adversaries' position. It's okay to argue with people when you have the facts on your side. However, some people won't accept those facts no matter how hard you try to get them to consider them. When this happens, there isn't much you can do except walk away from the situation.