



Living Virtuously

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# *Where in Your Life do You Have Complete Peace of Mind?*

*“At home, at my practice, enjoying a dinner,  
swimming, reading in bed, living and more  
important every year in our "magic" island  
where everything is permitted except being  
unhappy during our vacation time. I feel  
pure joy, peace, love and happiness.”*



# *How and When Can You Peacefully Coexist with Uncertainty?*

*“On a daily basis. We all have bad moments, fantastic and great moments, but when I have reached a balance between work, my clinical practice, family and good friends as well as my moments, where I can be alone, to think, or to read or even to study, I can say that I have more peace than uncertainty. We all need to know how to live with uncertainty...”*



Living Virtuously presents “Digging Deep”

# *How and When Can You Peacefully Coexist with Uncertainty? (Contd...)*

*“...In one second our lives can change forever. I had that experience in my past, so from that moment on, I am really trying to live every moment the best I can, to think always in a positive way. A matter of looking at your glass and realizing that...”*





# *How and When Can You Peacefully Coexist with Uncertainty? (Contd...)*

*“...as matter of fact, despite numerous things I have done wrongly things, the glass is more than half full. I have learned, grown as a person, and working hard to become every day a better person...at least making all my efforts to achieve it.”*



# *What is The Earliest Memory That You Can Remember of Your Childhood?*

*“No doubt playing with my dad and my late  
grand mother’s soft shoes.”*





# *What Prevents You From Being in The Moment, More Than Anything Else?*

*“I don't know if I understood this question quite right. What prevents? I am at this "moment". I do not want to be in the past or in the future. I am here and now, glad to be answering you. My son once taught me ‘The past is history, the future is a mystery, the day today is a gift...that's why it is called THE present.’ ”*



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# *What do You Usually Think About Whenever You're Alone?*

*“That I would love to get older to see my  
grand children's weddings, as my father did,  
to be a nice old lady with white hair and  
inner peace and lots of spare time, to grow  
old with my husband... still walk hand by  
hand with each other...”*





# *What do You Usually Think About Whenever You're Alone? (Contd...)*

*“... to see and to be able to read, to have enough money to enable us to afford a quiet and peaceful go's !!!! Yes, because I do not want to go before obviously! I do still have so many things to do... so much to study and to learn....”*



# *What Questions or Doubts Are Currently Unresolved in Your Heart?*

*“Did I cause pain to a certain person? How could I avoid it? Is there anything I can do to prevent or change it? If yes there is, I will do this and that. If NO? Let’s face it, learn with it and live with the best way we can.”*





# *What is Your Effect on Those Around You?*

*“Most of the people around me tend to say that I am such a happy and positive person, so easy going and peaceful. I do hope it is true! Exception made for my father who always complained(as a joke) that I am "to bossy";-)”*

