

Having a Tough Time?

Relationships 360° | Shana Trimble, LMFT | August 2020



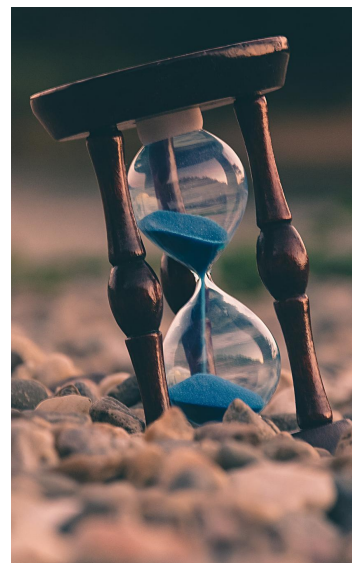
The Storm

No one said that life would be easy. Matter of fact it seems that life without some tough times would be great for sure, although a bit abnormal, maybe even boring for some. That is mainly because, for many of us, it is during these tough times that we learn lessons and figure out either how strong we are, or how to create a strength that we didn't know we needed until the tough time presented itself. So, as we settle into the idea that our lives will not be without tough times, it is vital to our health as humans to not waddle in these experiences with our eyes closed hoping that they will disappear, but instead figure out how to lean in on our strengths to get us through.

How do we do that you ask? Well, many will say with faith, but we know that faith alone without work is dead. When applying this thought to the times that seem unbearable, we will often find that with the use of goal setting, drafting a plan of action and taking action while we pray is our best line of defense.

To start with, get to know yourself and if in a relationship, get to know each other. Take time to identify how you deal with and tend to handle tough times. Review this by getting a clear understanding of how your approach has worked for you in the past by asking yourself:

- How did I handle the last tough time?
- Based on how I handled the situation, did it help or hinder the results?
- Did I actively participate in achieving the results or did I allow for the results to be chosen for me?
- Using hindsight, how would I like to approach tough times going forward?



After understanding how you processed tough times in the past, you can figure out what strengths must be developed to help you the next time. An example could be the need to be proactive instead of waiting. If this is a trait you have that often doesn't work out well for you, practice being more proactive with your daily tasks. This is a great way to start developing this skill. Another example is not reaching out for help when needed. Often we feel the need to go at it alone even when help is needed, only to find out later that this was not the best approach. This is even more so when in a relationship. If it is a relational problem, remember, one person alone cannot fix it. You will need help from the other person involved.

Another part of handling tough times is understanding the parts and pieces of the situation. Often we do not take time to break down our situation to really get a grasp on what is actually happening. We tend to look at the problem as a whole and apply one concept to the entire situation. However, often this leads to additional stress and even more so if there are additional people involved. The way to target this is to understand the parts, and to whom or where they belong. Characterize the parts into these four sections, (1) what belongs to you, (2) what belongs to someone else, (3) what involves multiple people to get a solution and (4) what belongs to God. For often we find ourselves trying to handle things that we actually cannot fix because it is not in our power to fix or at least not fix alone. So take a minute to give these parts back or share them and be okay with knowing that some things are just out of your control. This will allow you to tailor your focus on the things that only belong to you and pray about what isn't. For as crazy as it may sound, using this characterizing technique will remove layers of stress associated with the tough time.

Tip

When going through tough times, always try to increase your self-care. The more stress you have, the more self-care you need; even if this means just taking a small nap before drafting out your plan of action.



Lastly, use your faith to encourage you to keep pushing, solidify your confidence in knowing that you will get through this, and open your mind to learning as you move through the tough time. Taking a minute to understand what is happening, how you got here and reflect on the process while processing, will help you create a play book of none repeats and possibly help someone else. Because the idea is to develop a swing that can actually hit the curve balls life will throw at you versus always being hit by them.

Do you or someone you know need a little more help to get through a tough time? Contact me today! I am here to help.

www.nperfectbalance.com

678-585-2300

info@nperfectbalance.com