

GO FOR GROWTH!

In the past, I have used the metaphor of an earthquake for traumatic events. While actual earthquakes last only seconds, the ground can go on shaking under you for weeks - even months - when a severe trauma hits your life.

This would not be the time for a well meaning person to tell you that this terrible thing that has happened is a growth opportunity. No. That would not go over well. Chances are, if it doesn't inspire a rush of flaming anger, it will fall on deaf ears with a dull thud.

There is a crisis to get through. There is overwhelming information to be reviewed, looked for, learned and understood. There is grief and all its emotional relatives to be processed. There are surreal feelings of unreality that make you feel disconnected from everything, including yourself. On top of all this, there's eating and sleeping and rents and mortgages that have to be paid. Forget about growth! At this point it's all about the basics. That means survival.

Eventually though, the shaking subsides. It has to. It simply can't go on forever. The energy that exploded in the quake cannot help but expend itself. So it is with the energy of trauma. Some sort of routine will return to daily life. Some stability will return. When it does, there will be a little breathing room for you to think about something other than getting through your day. THEN the idea of a growth opportunity might be something you choose to think about.

Shifting your focus to this perspective is not such a bad idea. Even though you may have to get past some resentment about having the chance to grow forced upon you by unwanted, unrequested life circumstance, consider the alternative ways to look at it.

Your choices are, "I'm being punished because I'm bad" or "I'm a victim of bad luck and random circumstance." Both of these just seem to make a bad situation worse. They deflate you even more, rather than encourage you to rise up. They crush the meaning in life rather than enriching it. Still, they are choices, and everybody picks one.



Every thing that happens to us in life, whether good or bad, can have a good purpose that ultimately adds depth to our human experience. Whether it will or not all depends on you and the choice you make. When your life gets torn apart, every space between all the broken pieces is a chance for something new, but only if you choose to see it that way.