

EMUNAH

When we are faced with challenging situations, we can easily get stuck in a negative spiritual place, where, though our outer world is basically the same, in our inner world we feel closed and disconnected from our real self. When this happens, instead of becoming overwhelmed by feelings of anger, panic, or despair, we can utilize the power of our own conscious thoughts in order to help bring us back to a more positive place.

Here are some suggestions as to how you can try this:

Letting go of control over what is happening.

Choosing to do the best I can even though I am in pain.

Holding back my tongue in spite of the emotions that I am feeling.

Choosing to focus on the present and on what is truly important right now.

Letting go of unrealistic expectations of myself and of others.

Choosing to view myself and this situation with compassion and understanding, instead of with criticism and blame.

Putting my trust in Hashem that He will carry me through this and that everything that happens is for the good.

Submitted by an RBSA Resident

To our dear readers, please feel free to send in your own suggestions and writings to: rbsviews@gmail.com