

What do not be done when you live a crisis and do not feel support

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If you are in a low-energy state, or you are bad, or you after the crisis, or in some apathetic condition, but you really want to go out of it, it is very important for you to ensure that you are surrounded at the moment, what information to You do that you see and you perceive.

If you, for example, in the near-breasted or professional crisis, or you only recover after a long procrastination, or leave the peak of the perfectionistic feed, then you must exclude the most of the achievements and successful success. Because against the background of the contrast of their achievements and your "bottom", you will feel even worse, still insignificant, even more unpromising and meaningless. Because the initial conditions you have different. Motivate such people can those who are now in a more or less normal emotional form. Who really lacks knowledge, kicks and some tips.

Those who after the "bottom" need not tips. They need a long recovery period, when the internal muscles of faith in itself will grow gradually and its abilities. Those the smallest steps that seem ridiculous to someone, for these people the only way is not to drown and do not ride back. Therefore, if you start to compare your situation again and those who say that they are doing everything there, the successes and they are well done, then it is with a lot of probability to demotivate you and drops back again.

Especially painful will be observed for the success of those who are a little annoyed before. If a person is pleasant to you and he has progress, then it is still tolerant to withstand. You can contact him, write a comment, ask for support, etc. And if this is someone who you do not like (no matter what reason, even if it's just envy), then his successes will cause even greater pain. When you "recover" when you grow up your speed, your strength, this is a competitive envy will be able to give you a fire and you will seem to give everyone. But so far there is no strength, all the attention should be only on the fact that you are under the power and that gives you at least some support and support.

This is a misconception that if you are on the bottom, then you need to stick yourself even more to the whip, and for this purpose to put in a jar with salty cucumbers and syntify yourself with different marathons.

Marathons and pinkies work for healthy and stable. There is a professional sport, and there is a supportive rehabilitation. And if you understand that sport is not yet pulling, do not look at those who run. Look at those who lies and lie next to them, but at the same time do some kind of necessary minimum. Provocations work for those who have inner reference. All these povelings, "rag, gather",

"the main thing is to put a goal and find someone to give money, if you approve," do not work with those who are not in the resource now. Therefore, I am against drinking in happiness. A person may think that he lacks motivation, and he needs to heal and did not diverge from lifting weights.

Therefore, if you are still unstable, then exclude from the ether of all those who hurt, clings, infuriates, annoying. Your attention is now too valuable for you to spend your strength on what you can not handle.

Then, after a while, when inside it becomes calmer, you can make it possible to make it out, read what they write and check how it affects you. If you are from reading these posts, fall into the despondency of half a day and then not ready to do anything but to sprinkle the head ashes and say "I am a loser, I will not succeed," that means you are not ready to read anything yet. Ready We must continue to concentrate on your process, putting the shore. If you hear the excitement and the desire to move, then recovery is close and you can go to another level.

We are all different. With different conditions, with different start-up, with different injuries, with different worldview. And it makes no sense to mow everyone under one comb, thinking that everything is equally easily easily.

If you are hard, then give yourself the opportunity to recover. But it is necessary to understand that the recovery does not imply a constant pity for himself.

Pity and self-election / self-support are different things. One thing to say to myself "I understand that I'm not very bad now and I'm not ready for achievements, I'm sad, I'm scared, but I will do a little, supporting myself." Another thing to start the morning with "I am so unfortunate, no one loves me, I never succeed, and all goats and I hate them." The second is the way even deeper into the pit. Because it will not become stronger from destructing and self-reserves, but with each day of such a nesting of the forces becomes less. Again, in the position of pity for yourself, the background is meant that there is someone who should make you happiness instead of you. It's not like that at all. Still, we should do something for your life. And not to complain that others did not bring and did not put on the dish.

But in more detail about this next time. So far it is important to understand one thing that if you feel bad, then take care of yourself. This is not a weakness to exclude what causes pain. Give yourself the opportunity to increase strength and return the inner reference.

take care of yourself