



# GETTING BEYOND



Sometimes there is a situation, thing or circumstance and you want to be over it. And at those times it may or may not be a time where it could be put behind you. For example you might want to be over being ill. Or have a loved one heal and it hasn't happened yet and you need to be patient. Or get a second opinion or do research to help them find the right help. Or you are waiting until your children are older so they can get into grade school or go to camp so you can get some well deserved rest. You might be waiting to find a job. And you could be waiting to finish school.

Sometimes being in the process is the most difficult part. We can be ok if we are busy or doing what we want. But when we are waiting the painstakingly long time for something to happen, that can be more difficult. And when it is out of our control, that is possibly even harder.

*“Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements.”*  
-Napoleon Hill

- Playing the Waiting Game**
- Look at the process as a whole and in parts. Know where each begins and ends. Acknowledge success when each part is completed.
  - Separate out what you can and cannot control. Focus energy on only what you have control over. Be patient during the time when you have no control over the situation.
  - Remember to live in the here and now and enjoy the process when you can, just enduring it or looking for the end of it, only makes it seem longer.
  - Seek encouragement and support when you need it. We all run short of patience and become overwhelmed, especially during a difficult or trying situation. Ask for help.



*“Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.”*  
-Gail Devers



*“Dream the impossible because dreams do come true.”*  
-Elijah Wood

There lies the key to our ability to get past these hard times in our lives. We cannot beat ourselves up over things we have no control over. We can only move past a situation by focusing on the things we do have control over. We cannot magically wish the illness away, but gaining as much information about it and finding out what may help ease the symptoms or fears of the patient can go a long way to moving forward and getting beyond the illness. We cannot instantly have our children grow and mature before our eyes (nor would we really want that) but we can think about that time and plan what we may like to do with the new found time and freedom. And in the meantime, nurture our interests in whatever way our present situation allows.

This all involves our perspective. Our perspective of the situation will possibly make or break the outcome. Do we look at milestones of our progress? Do we appreciate and take time to relish in our accomplishments? Do we berate ourselves for not being yet at the desired goal? Do we learn to be in the moment and look for the good instead of fearing the worst?



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