

♥ Snippets of Encouragement #128

Hello darlings

On this 128th day of Snippets of Encouragement, I'd like to encourage you to ride the storm.

Each of us experience storms in our lives, those moments of great upheaval where life seems out of control and we are beset with nothing but trouble. Sometimes we feel like it will never end or we will never come through the storm in one piece.

Winston Churchill said, "If you're going through hell, keep going."



In my life experience this has been the best way I've coped with upheaval or "hell." I've kept going. Realistically, what else is there to do? In those moments when I've chosen to remain stuck the hell of my situation seems to have been all that more hellish.

As you know, I speak about this ALL the time... absolutely everything in life is a choice. How we choose to react or respond to the storms in our life is completely up to us.

If you're experiencing one of life's storms today, I encourage you to keep going. Don't give up.

Remember you don't have to go it alone, so reach out to a friend or a loved one and share your burden with them. When we let others know how things really are with us we relieve ourselves of so much guilt, shame, blame and so many other negative emotions.

Many of us have the insane belief that we should be able to cope with everything and if we can't then we're broken. What a load of codswallop.

I know that you're a strong, resolute, resilient person, just as I am, but the truth is even us strong ones need support. We need to be truthful and stop pretending that all is well when it's not. Therefore, reach out; you don't need to go it alone.

To be honest I am someone who tends to deal with my problems on my own. I become very insular and it appears as if I'm shutting myself off from the world. I struggle within; looking for a way through or out of my problem and this is not always the best solution for me.

In those times when I've allowed myself to be honest and vulnerable with others, it has helped me immensely. Perhaps I think that if I show my weakness to others they will use it against me, but in giving that thought power over my choices I weaken



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myself. I do not have the sole mandate on all wisdom and knowledge. Other people have vast wisdom and experience that I don't yet have, and in allowing myself to be open with them, I benefit from their wisdom.

I remember a time when we had out of town visitors. My friend and I were sitting on the front steps of my house and she asked me how I was. At that particular time, I really wasn't doing well. I had fallen into a funk with myself; I was feeling depressed and not able to see my own self-worth and value. I didn't want to be honest with my friend. I could easily have pretended that all was well but my soul wouldn't let me lie to myself or to her.

Actually, I don't remember what she said to me, but what I do remember was her loving, supportive, encouraging presence in my life during her visit. She bolstered me when I needed it, letting me know that I wasn't alone and reminding me to keep on moving.

When they left I felt a deep sense of sadness, I had the feeling of two precious people missing from me however my inner being was once again fortified and I knew I couldn't continue in the state I was before my friends visit.

They reminded me to keep on going and not give up because I am not alone, even if I choose to feel or think that way, which is not true.

Perhaps today there is no storm in sight in your life, but when one does appear on your horizon, remember to ride the storm. Reach out to those who love you and keep on moving. Don't become moored in the storm or drown, remain resolute and determine to keep moving through.

If you've enjoyed reading this snippet of encouragement there are three things you can do. **SHARE** it with a friend. **ENCOURAGE** another person today. **SIGN UP** using <http://eepurl.com/dlt8Fj> to receive the Snippets live to your inbox each day.

