

Happiness In Hard Times™

How To Be Happy When Times Are Tough & Help Others To Be Happy Too!

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Turn Distress & Despair Into Determination

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Sometimes distress and despair down our spirits despite everything we do. It's hard to just shake it off and bounce back. Understanding how negative energizers work is a key to redirecting distress and despair into a positive, powerful force that helps you to triumph over difficulties and be happy.

Negative Energizers Are Very Powerful. They supercharge our bodies and our psyches with potent, often overwhelming negative energy. It's hard to let them go. Sources of energy, even negative energy, are attractive some level. They boost our adrenalin, grab and hold our attention and provide a jolt or kick.

That's why when we recall and relive painful or horrible experiences it is so hard to stop. Those memories are our own personal horror shows, they are potent sources of negative energy. It's painful and horrible but it's a kick or jolt of powerful energy we don't want to loose.

Time spent dwelling on bad experiences reinforces them in our mind and burns them into memory with lots of negativity. Reliving bad experiences is upsetting, those memories distract and discourage us from focusing on positive, constructive, encouraging thoughts, actions and opportunities.

Avoiding All UnNecessary, Non Productive Negativity is a key Happiness Habit. The same rule applies to our thoughts. If a negative, painful thought is unnecessary and nonproductive, why give it time and attention? Avoid it and reject it. Why waste time and create misery and stress for no reason?

When you recognize a jolt of negative energy as a painful thought crosses your mind, Stop. Reflect, is that where you want to spend your time and attention? If not, reject it and redirect your attention toward positive, inspiring thoughts and activities. You don't get happy and healthy by continually reliving pain.

There are three classic, primal reactions to danger: **Fight, Flight or Freeze.** Distress and despair are expressions of the Flight and Freeze responses. The key to triumphing over distress and despair is to take that draining negative energy and turning it into a positive, rebellious, defiant Fight response.

Distress and despair are both energizing and draining. They grab and hold us in an avoidance response. Taking that energy and turning it into positive Fight Back actions and activities redirects the energy from something that was holding us back into a power that propels us forward.

When distress and despair hit, turn the negative energy into a defiant desire and drive to triumph and be happy. **Turn Flight and Freeze into Fight.** Recognize and reject reliving past painful experiences. **Redirect Your Attention To Activities, Goals And Ideals That Help You To Be Triumphant And Happy.**

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team