

# Happiness In Hard Times™

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

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## Revolt & Rebel

Michele Moore / Happiness Habit

Revolt and Rebellion are keys to happiness during normal times and they are especially important during difficult times. How does this work?

Simply revolt and rebel against giving bad things or difficult people control of your feelings. Refuse to give them the power to hurt you emotionally. Don't let bad things distress or depress you or make you miserable. Revolt and rebel against giving them control.

Simply say to yourself, "I am not giving it control. I have to deal with my difficulties, I do not have to let them make me miserable. I am not giving them the power to hurt me or to make me sad or angry." "I am not giving it control."

**You Will Still Be Affected.** This prescription is not 100% effective, nor should it be. Revolting against giving bad things control of your feelings lessens pain and limits time spent agonizing over problems. You are not trying to be unemotional or unfeeling. Your goal is simply not let bad things drag you down, distress or distract you unnecessarily or make you miserable.

Taking constructive action and fighting back positively help to lessen emotional pain. There is a big difference between worrying about problems and taking action to resolve them. Wrap overwhelming pain and grief over major life losses in love, see the Wrap The Pain in Love section above.

We are truly at our best and able to perform our best when we are *Up*, confident, energized, focused and happy. If bad situations drag us down, distract and distress us unnecessarily, we let negative emotions interfere with our effectiveness. We're helping bad things to hurt us.

It's important to emphasize that we are not suggesting people revolt or rebel against negative situations, which may or may not be a good idea. We are recommending rebellion against letting them make you miserable.

We often have to be conciliatory and comply in order to survive and succeed. This does not mean we have to let bad things dominate, control and down our spirits. We can nod very nicely, comply and still not give bad things control of our feelings. Deal with difficulties, don't let them distress, distract or depress you. Don't let them steal your time, attention and emotional well-being.

Everyone has a streak of rebelliousness, use yours to preserve your sanity and stability during difficult times. When you are confronted with bad situations, say "I have to deal with this situation, I do NOT have to let it defeat, distress or depress me." **Revolt And Rebel Against Giving Bad Things Control Of Your Feelings.**

Wishing you great happiness and spiritual success,

Michele Moore and the Happiness Habit® Team