Craig D. Lounsbrough, M.Div. LPC

Discouragement – Being Dense to Discouragement

Licensed Professional Counselor

Certified Professional Life Coach

Discouragement is no stranger to any of us. We have experienced discouragement in the past, and we will experience it again. The problem with discouragement is that it breeds further discouragement to the point that life itself becomes is seen as a forever discouragement. *However, much of our discouragement is due to how we choose to view our situations.* Our perspective in many instances is more powerful than the actual event. Therefore, if we better control and adjust our perspective we will better deal with discouragement.

What two things in my life have been the most discouraging for me?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If I were to rate them, how discouraging would I say they were?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

If I think about it, what shapes my expectations?

How difficult is it for me to accept the realities of the world and how often do I prefer to deny them?

What do I need to do to better accept the reality that sometimes *not* getting my way might be the best way?

In the middle of my situation, what can I do to take the bigger picture into consideration?

In order to maintain a more balanced perspective when things get difficult, what can I do to stop and ask what’s really important?

1. If I look at my answers to the above questions, what am I seeing?
2. Based on what I’m seeing, what would be two (2) initial goals I could set?
3. What would be the first step in implementing those goals?