
SURVIVING SETBACKS

TOP TIPS

March 2012

I've just returned from a few days away in London and Cambridge. What a difference it makes when the sun shines! People smile! And smiling back and sharing the joy of the arrival of Spring makes me feel extra good. Remember that smiling is a physiological response; and when we change our physiology, we change our state. The more you smile, the better you feel Try it.....or as they say in America, 'Check it out!'

SURVIVING SETBACKS!

This month I want to share some ideas for **responding positively to setbacks**.

What are setbacks?

They often occur when something happens that does not seem to move us in the direction we wanted. They can be external eg the house sale falls through, a friend or relative becomes ill, we don't get the job we want etc. Or internal eg a virus that seems to lurk longer than we want, or an emotional response that we'd rather not have, or a symptom.

- The first thing to recognise is that **setbacks are normal!** I don't think I know anyone, and I include myself in this, who has sailed off into the sunset without setbacks.
- What I have learned is that rather than seeing setbacks as negative occurrences, **I regard them now as my teachers.**
- Having recognised that there is a setback, check your response to it. Are you angry, disappointed, worried, frightened? Any of these responses are normal at first. Recognise this response, and then when

you are ready, **let it go**. So often it is the response to a setback that is the real problem rather than the setback itself.

- Now ask yourself, '**What can I learn from this?**' What **can** you learn from this setback? Internal setbacks are usually a sign that there is something still to learn. Do some gentle detective work noticing what you have been focusing your attention on, what you have been filtering for, what story you have been telling yourself.
- If there is a symptom, consider if the symptom has a message for you. If so, what is it?
- Having tuned in and listened, now you can ask yourself, '**What can I do in response to this?**'
- Approaching setbacks in this way means that you have an opportunity to really learn and move forward in your journey. And of course, if you need some help moving through a setback, do either use your coaching time with me, or make a new appointment. Help is always available.

With love,

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