
Learn to share with yourself

Posted by showstarlight - 2010/07/15 19:14

In high school, I would cultivate the habit of writing diary. Happy things, heavy things, I will pick up a pen to paper talk. In the course of writing this quiet, relaxed feel of gradually. Happy things, before the people, not headlines, worrying about other people that I arrogant, but in his diary, I want to say, no strange eyes, not mocking eyes, nothing blase. Sadness can also be said to their hearing, I have coach outlet and their communication process, to convince himself, "event be smaller, be of a minor."

A journal kept to work, until replaced by the blog and the QQ space on paper conversation. QQ space, the "mood" column, I often use simple language, to record my happiness, sadness, there on their own incentives and dissuasive. "Nowhere place of sorrow!" "I smell the taste of spring!" "Fear of the Chinese New Year!" The same as those Liushui Zhang quotation text, the preparation of convergence into my mind. And is fond of telling yourself, "in fact very important to me."

Good morning, friends called and told my essay won second prize. Then, open the computer first thing, it will write down the good news, and their share: "Writing was the second prize, very happy!"

Felt like a return to childhood, got a certificate of merit, to go home the first thing is to tell the parents the good news.

Log in here my son, I found cheap coach bags something I will award also included in the mood logs. Did not understand: "Oh, no, Mom, even the things you write? Is not a proud suspect ah!" My son said with a smile: "I am proud of myself ah! Write a good mood , share the happiness with their own, do not you? "He greets me, then do not say anything, he accepted my point of view.

A film, the hero has always been a taboo memories suppressed. Later, he dug a hole large tree to smoldering in the heart of repentance and suffering, and dumped in the cave, and then in turn landfill soil is good, like a dead buried. Once this is done, he was relieved to leave. Future life journey is still a long moment, he can no Guaai to meet the new life. Log in mind when writing, and feel themselves as the hero of the movie, the happy and unhappy are left in place, and future life, still just a. Life, many things need to remain in the same place. Achievements remain in place, because it represents the past; pain on the spot leave, because you have way to go.

Everyone needs a quiet listener, a sincere well-wishers; need a man "happy with your joy and happiness with your happiness." He will not despise your pride, do not ignore your sorrow. The most tolerant of your people, is yourself.

Happy things, tell yourself, so you and share their happiness will be extended, more. After all, happiness is the need to constantly remind and discovery. Unhappy things, complaining to themselves, so that another strong carrying you to help you. Removal of the heart of stone, life's long road, traveling light, you will go more light!

Learning to share their happiness, you will be happier; learn to share your coach handbags grief, you will therefore be more calm.

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