



Saturday's Promise: Perspective

Bởi:

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“Facing a diagnosis of cancer and the subsequent treatments can profoundly change the way we live the rest of our lives. We can wallow in self-pity with a ‘Why me?’ attitude, or we can embrace the time we have left on this earth (cancer diagnosis or not), treasuring each and every moment, and treating each day as one full of life. When you feel discouraged, look all around you: at the beauty of the earth, the love of your family, and the support of your friends. The world is a better place because you are with them today.”

Christine Clifford: *Not Now... I'm Having a No Hair Day*

On Saturday you make the “silver lining” promise of seeing the best in every situation. One of my favorite sayings is “Thank God Ahead of Time” (the title of a book by Father Michael Crosby). Bad things do happen to good people: when they happen to you, you can play the victim or you can say “thank you” and plumb the experience for its lessons.

Almost everyone who has ever lost a job will eventually say that it was the best thing that could have happened (the exception being people who choose to play the lifelong victim role); the sooner you internalize Saturday's Promise, the more quickly you will find the silver lining in every dark cloud. I've spent many evenings with support groups, and am always impressed with how people choose to find hidden blessings in apparent tragedy. If they can find blessings in cancer, addiction, or even the loss of a child, what can happen to you or me that we can't immediately say “thank you – I don't know why yet, but I'll figure it out.”