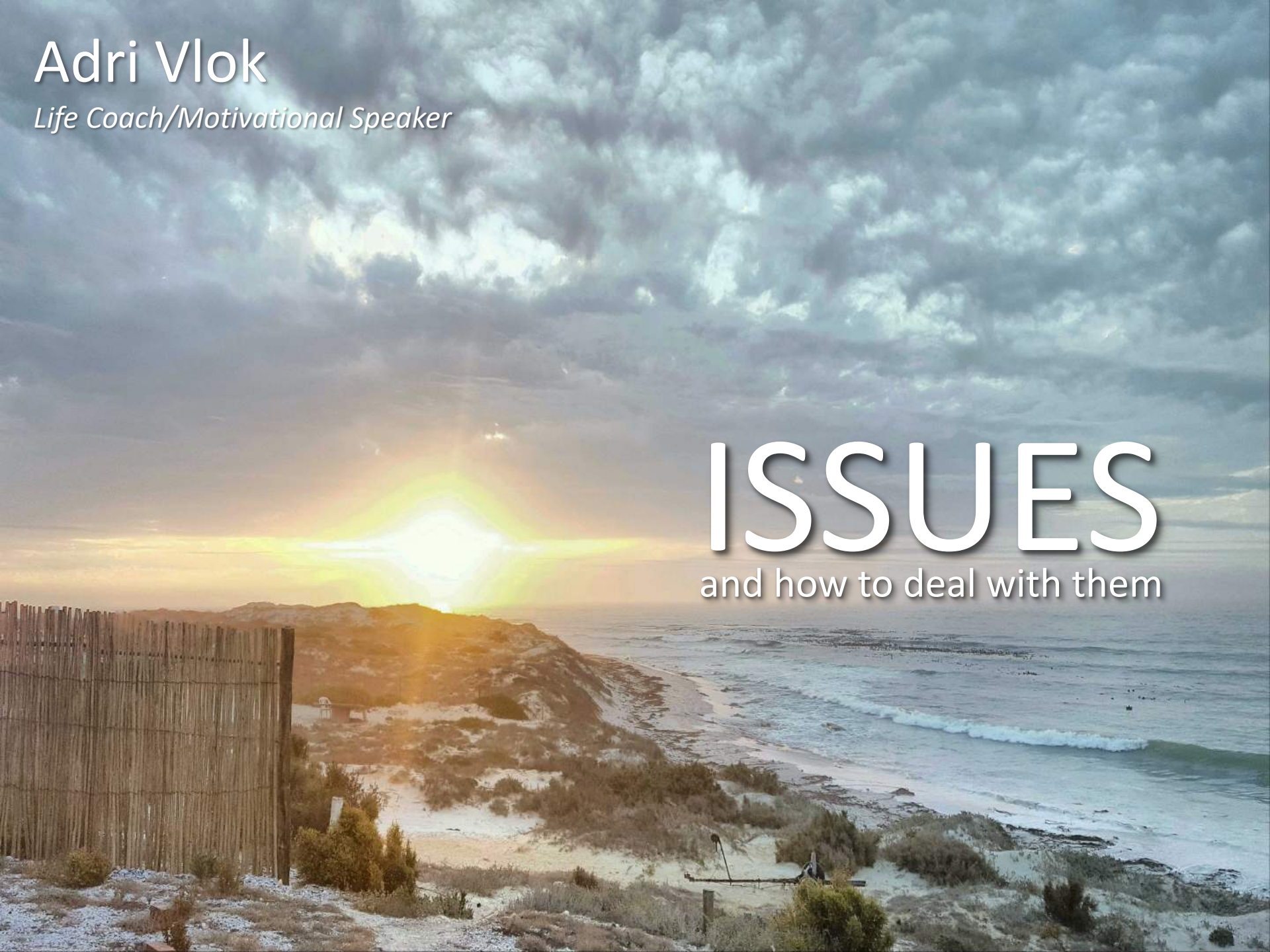




Adri Vlok

Life Coach/Motivational Speaker

ISSUES

and how to deal with them

DEPRESSION



Depression is mostly a feeling of hopelessness and helplessness. Depression affects your body, mind and soul and recovery requires a physical, mental, emotional and spiritual answer. There are biological and neurological causes for depression that have to be considered in order to have a comprehensive answer.

In such cases, medical treatment is necessary. However, most causes of depression are psychological and spiritual.

- # The secret to recovery is DEDICATION
- # PRAY first
- # Know who YOU are
- # Do not just handle the past, RESOLVE it
- # Listen to your EMOTIONS, it wants to tell you something
- # RENEW your mind



SUCCESS

Success is connected to your goals. Are you setting personal, realistic goals for yourself? That which are realistic to one person can be impossible for another.

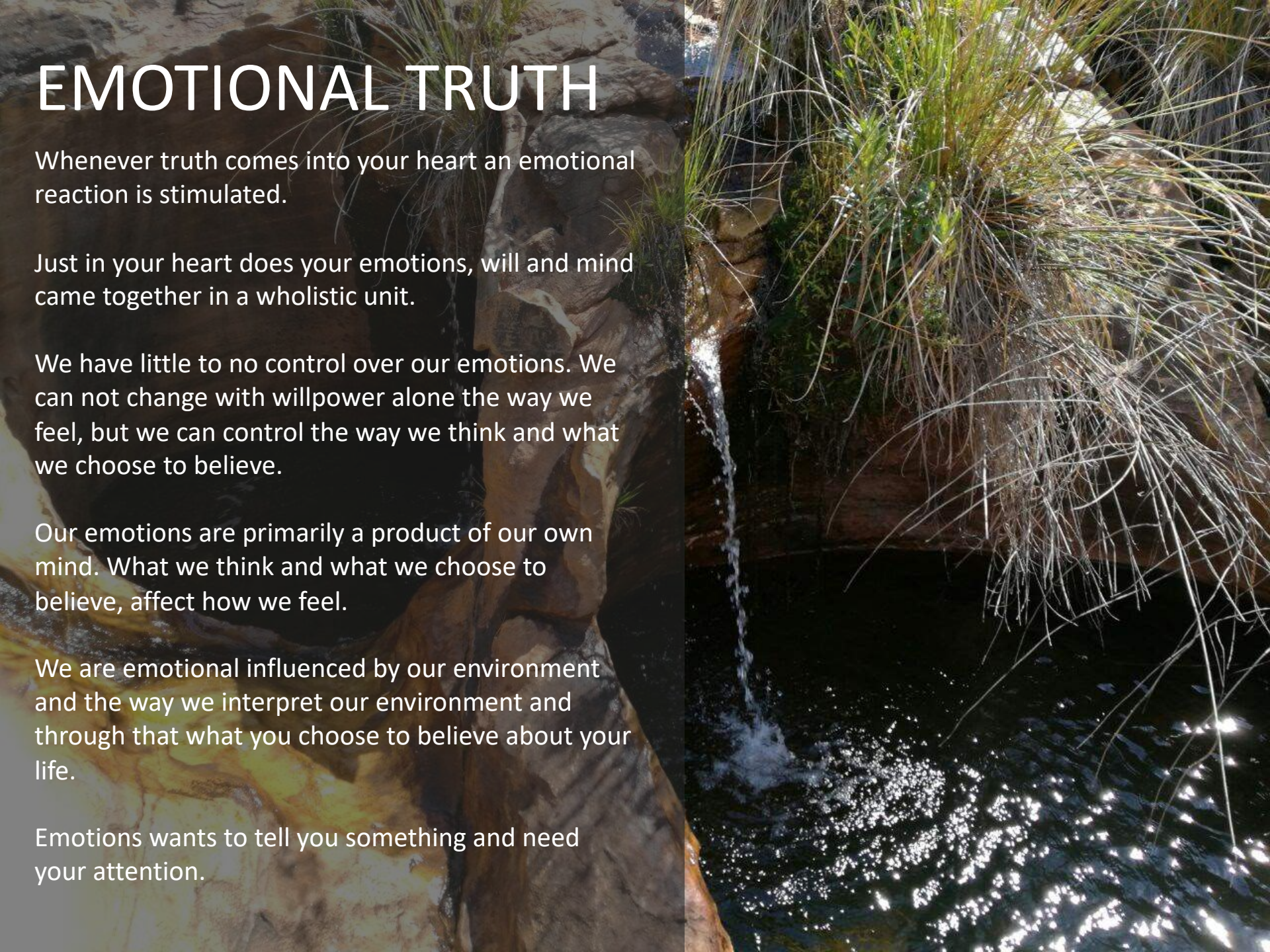
We all have different talents, gifts and intelligence, but your self-worth are not measured by that. On what or whom to you base your self-worth? Do you know how to enhance your character for success?

We can be successful in the eyes of the world and at the same time miss our goal. Can you still be successful without compromising on your morals? We may not always have the time to do everything that we see as being successful, but there are always enough time to do that which you are meant to do. Do you know what is at your disposal to use for success?

Do you know who you are, what are your strengths and what are your weaknesses and do you know how to use it?

Make sure your ladder of success are leaning against the right wall.

EMOTIONAL TRUTH



Whenever truth comes into your heart an emotional reaction is stimulated.

Just in your heart does your emotions, will and mind came together in a wholistic unit.

We have little to no control over our emotions. We can not change with willpower alone the way we feel, but we can control the way we think and what we choose to believe.

Our emotions are primarily a product of our own mind. What we think and what we choose to believe, affect how we feel.

We are emotional influenced by our environment and the way we interpret our environment and through that what you choose to believe about your life.

Emotions wants to tell you something and need your attention.

REJECTION

We all know how it feels to be rejected, criticised and to be treated unfairly, especially when it comes from people that you wanted to please or impress. Nobody can be the best at everything, and sometimes we do not live up to other people's expectations. In our natural state, we choose to adapt to this world system in one of three ways:

Trying to beat the system

These people aim for importance through their appearance, performance and status. Character traits of perfectionists and emotional isolation usually lead to anxiety, stress and burnout. They are capable of controlling and manipulating people and circumstances for the benefit of themselves.

Giving into the system

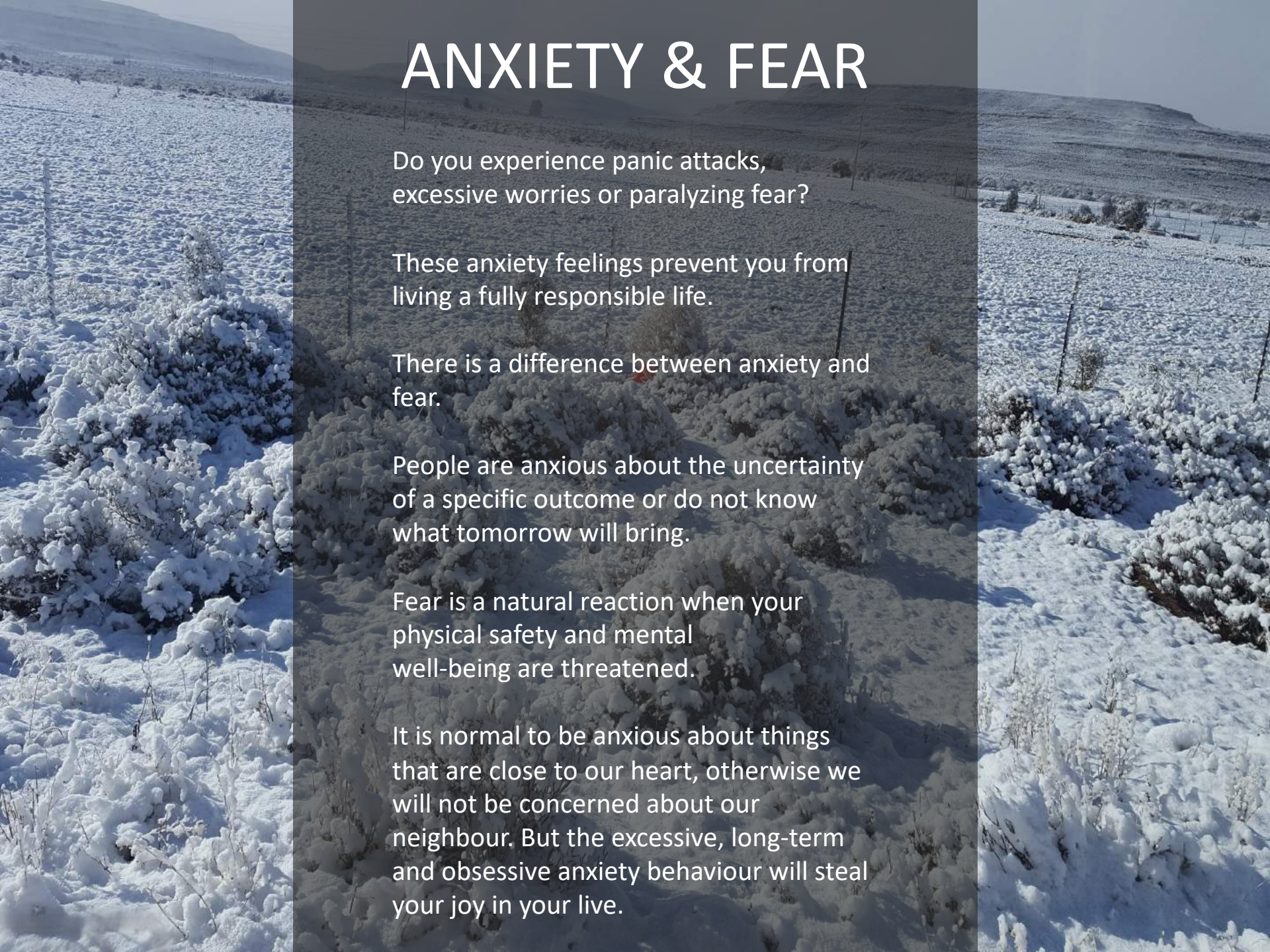
The people assume that the strongest, most beautiful and talented people are "in" and they are "out" because they do not weigh against these standards. They admit to this false judgment of their self-esteem. They find it hard to accept themselves, because others do not.



Rebel against the system

Their response to rejection is... "I do not need you and I do not need your love." They resist to acknowledge their needs. They are recognized by self hate and bitterness. Usually irresponsible and undisciplined.

All three of these reactions to the social system of the world lead to defeat. The more you invest in building others up, the more you build yourself.



ANXIETY & FEAR

Do you experience panic attacks, excessive worries or paralyzing fear?

These anxiety feelings prevent you from living a fully responsible life.

There is a difference between anxiety and fear.

People are anxious about the uncertainty of a specific outcome or do not know what tomorrow will bring.

Fear is a natural reaction when your physical safety and mental well-being are threatened.

It is normal to be anxious about things that are close to our heart, otherwise we will not be concerned about our neighbour. But the excessive, long-term and obsessive anxiety behaviour will steal your joy in your life.



Adri Vlok

Life Coach/Motivational Speaker



<http://www.healingrhythm.co.za/>
www.mosterdsaad.blogspot.com

info@healingrhythm.co.za