Questions on Overcoming Suffering

* Have you ever seen any good come out of a seemingly hopeless situation?
* Have there been times in your life when you have been instructed to do something you didn’t want to do, but in the end found out that it was actually good for you?
* Did experiencing a difficult time in your life ever make you stronger?
* Using your imagination, could you write a story about how a person may experience something initially as painful, but in the end it saved their life?
* Is there any possible good that emerged from your own trauma?
* *“Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation.”*
* “*Don’t aim at success. The more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one’s personal dedication to a cause greater than oneself or as the by-product of one’s surrender to a person other than oneself. Happiness must happen, and the same holds for success: you have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it out to the best of your knowledge. Then you will live to see that in the long-run—in the long-run, I say!—success will follow you precisely because you had forgotten to think about it.*”30
* *“It did not really matter what we expected from life, but rather what life expected from us. We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life—daily and hourly. Our answer must consist, not in talk and meditation, but in right action and in right conduct. Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual.”*31