



Couples Corner October 2008

Success and Failure

As I write this article the roar of the crowds from the Olympic stadiums are ringing in my ears. There's a lot about human spirit that we can take from the games but I would like to focus on the issues of success and failure as these affect all of us in our daily lives as well. Of course, the games are a time where endeavours and skills are measured and one is seen as supreme, there is one winning and successful individual or team and the rest have failed to gain the prize. However, failure is not always what it seems to be. If you look at your own life and see whether some of your failures you may discover that many were not actually the disaster you probably thought at the time. If you get back to the basic premise that life is about growing, developing and evolving then whenever we learn a lesson about ourselves or others and use it to the better advantage of ourselves and those we live with then we have succeeded and stepped closer to our goal. You may be turned down for a job but this just means that you will now seek another path – and probably one that will suit you better – for if you are not suitable in the eyes of your employers then you would end up being miserable. If a relationship fails, you take away an understanding of who suits you, when you fail an exam you either learn to devote more time to your studies or realise that the subject doesn't suit your skills and character and you move on to more acceptable and suitable course. Whenever you experience what seems to be a failure in your life divorce yourself from the role of being a victim and look for the good that comes out of everything that happens to you whether you perceive it as good or bad, success or failure.

Love and blessings
Anne xx