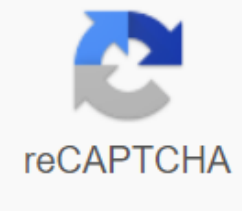




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## Sad but true quotes on life

Whether our feelings of sadness are caused by deep grief, such as the loss of a loved one or drastic changes in life, or a somewhat superficial upset, such as the loss of a phone or our favorite shoes, we all feel emotional pain at one time or another. We describe it as despair, sadness, disappointment, sadness, depression or helplessness. And sometimes hearing the words of someone else who felt similar pain and got through it can help us heal, or at least remind us that healing is possible. Some of the best sad quotes have to do with crying. Famed artist, inventor and architect Leonardo da Vinci said: 'Tears come from the heart, not from the brain. And Washington Irving, author of classics like Rip Van Winkle and The Legend of Sleepy Hollow, exclaimed: There is sanctity in tears. They are not a sign of weakness, but of power; speak more eloquently than tens of thousands of languages. They are messengers of immense sadness, deep fabrication and unspeakable love. In our words: feel free to cry it. AntonioGuillem/Getty Images Grief is felt by everyone, everywhere. Some people understand that without grief, happiness would not be so meaningful. As The Greek singer Nana Mouskouri said: I believe that if you don't learn about grief, you can't appreciate happiness. Actress Alyssa Milano put it this way: First, accept the sadness. Be aware that without losing, victory is not so great. If you're trying to look at the bright side, it's here. David McNew/Getty Images Almost everyone is heartbroken at one time or another, and there are many sad quotes lamenting this state of being. Everyone can be heartbroken, said actor James Marsden. Even if you know the relationship isn't working, it's still sad. Even in a bad relationship, they are part of your life for a long time, and saying goodbye to it can be difficult. Maybe it helps to know even celebrities were probably in your shoes? Losing a loved one is one of the hardest things we as humans have to endure. Terri Irwin, who lost her husband, Crocodile Hunter Steve Irwin, to the tragic accident, said: 'Grief is never something you get through. One morning you don't wake up and say, 'I conquered it. Now I'm moving on.' It's something that walks next to you every day. And if you can learn how to handle it and honor the person you miss, you can take something that is incredibly sad and have some form of positivity. Many philosophers believe it is up to each of us to decide whether to feel happiness or sadness. How do you decide today? When you wake up every morning, you can choose whether you're happy or sad, said billionaire businesswoman Lynda Resnick. If there's not been a terrible disaster at night, it's almost up to you. Tomorrow morning, when the sun shines through your window, choose to make it a happy day. So -- is glass half empty, or half full? People often have a strong desire to push for their current abilities. Former professional footballer Troy Polamalu said it best: There are times when I'm happy. There are times I'm sad. But I always try to separate emotions from the need to reach for something stronger, deeper. And then regardless of emotion, I can reach for stability that will help me achieve what the goal is. In other words, reach for the stars, even if you don't feel like stepping off the couch today. NataliaMills/Getty Images Today, the debate around mental health is moving to the forefront, and people are working hard to dispel the stigmas around it. One such stigma is that rich or successful, or apparently happy people can't or shouldn't have depression. Being sad and being depressed are two different things. Also, people going through depression don't look that way, while someone sad will look sad, said Indian actress Deepika Padukone. The most common reaction is, 'How can you be depressed? You've got everything going on for you. You are the alleged heroine number one and you have a plus still home, car, movies... What else do you want?' Keeping this in mind can help, whether you're dealing with depression yourself or knowing someone who is. There is no income or age limit for depression. martin-dm/Getty Images Can owning a huge mansion with swimming pool, spa, gold faucet and bevy servants to help with every need you need to keep you happy? Maybe not. I believe that material things can contribute a lot to making his life enjoyable, but basically, if you don't have very good friends and relatives who are important to you, life will be really empty and sad, and material things will cease to be important, said David Rockefeller. Rockefeller's father, John, founded the Standard Oil Company and is estimated to have \$3.3 billion in personal wealth at the time of his death. TerryJ/Getty Images There are several notable people who refuse to bow to grief. They realize it happens to everyone, but don't let them ruin other things in their lives. Audrey Hepburn, an actress and philanthropist, put it this way: If my world were to break out tomorrow, I'd look back on all the enjoyment, excitement and valuable times I've been lucky enough to have. Not sadness, not my miscarriages or my father leaving home, but the joy of everything else. It'll be enough. Sometimes, remembering your own enough can help you get through. People deal with sadness in different ways. Some shake it off, while others delve into the slime of despair. American rapper Mac Miller thinks being sad is just being human. When you feel sad, it's okay. It's not the end of the world. Everyone has those days where you doubt yourself, and when you feel like everything you're doing is on, but then there are days when you feel like Superman. It's just balance of the world. When you feel down, remember that feeling of Superman, with the fact that he's going to think again. ulkas/Getty Images Last updated on October 22, 2020 How would you feel if you were sharing a personal story and noticed that the person you were talking to wasn't really listening? You probably wouldn't be too excited. Unfortunately, this is the case for many people. Most individuals are not good listeners. They're good contenders. The point is, true listening requires work-more work than people are willing to invest. Quality conversation is about giving and taking. Most people, however, just want to give-their words, that is. Being on the receiving end as a listener may seem boring, but it's inevitable. When you agree on someone and pay attention to what they say, it's a sign of care and respect. The hitch is that participation requires an act of willpower that sometimes goes against what our minds naturally do-roaming around aimlessly and thinking about who else, instead of listening to the greatest act of thoughtfulness. Without active listening, people often feel uneasy and unattended. That's why it's important that everyone learns to be a better listener. What makes people poor listeners? Good listening skills are enjoyed, but first let's look at some of the things you could do that make you a poor listener.1. You want to talk to yourselfWell, who doesn't? We all have a lot to say, don't we? But when you're looking at someone who pretends to listen while all the time, they're mentally planning all the amazing things that you say, it's a disingenuous good service for the speaker. yes, maybe what the other guy's saying isn't the exciting thing in the world. Yet they deserve to be heard. You always have the ability to steer the conversation in a different direction by asking questions. It's okay to want to talk. It's normal, even. Keep in mind, however, that when it comes to you, you'll want someone to listen to you.2. You do not agree with what they sayThy is another thing that makes you insufficient listener-hearing something with which you do not agree, and immediately tuning out. Then you lie in wait so you can tell the speaker how wrong they are. You are eager to take your place and prove the speaker wrong. Do you think that once you tell your truth, others will know how mistaken the speaker is, thank you for setting them straight, and encourage you to elaborate on what you have to say. Keep dreaming. Disapproving of the speaker, but frustrating it might be, there's no reason to tune them out and ready yourself to churn out their stunning rebuttal. By listening, you can actually collect interesting nugget information that you didn't know before.3. You are doing five other things while you are listeningTo is listen to someone when you're texting, reading, playing Sudoku, etc. but people do it all the time -- I know you do. I've actually tried to balance my checkbook while pretending to listen to the person on the other line. It didn't work. I had to keep asking, 'What did you say?' I can only admit it now because I rarely do it anymore. With work, I managed to become a better listener. It takes a lot of concentration, but it's definitely worth it. If you're really going to listen, then you have to: listen up! M. Scott Peck, M.D., in his book The Road Less Travel, says, 'You can't really listen to anyone and do something else at the same time. If you're too busy actually listening, let the speaker know and arrange for another time to talk. It's as simple as that'4. You appoint yourself as a judge while you're listening, you decide that the speaker doesn't know what they're talking about. As an expert, you know more. So, what's the point of listening at all? For you, the only sound you hear once you decide to be wrong is: 'Blah, blah, blah, blah!' But before you bang that gavel, just know that you may not have all the necessary information. If you want to do this, you're going to have to really listen, right? Also, make sure you don't judge someone by their accent as it sounds, or the structure of their sentences. My father's almost 91 years old. His English is sometimes a little broken and hard to understand. People mistakenly assume that they don't know what he's talking about -- they're quite wrong. My father is a very intelligent man who has English as his second language. He knows what he's saying and understands the language perfectly. Keep that in mind when listening to a stranger or someone who perhaps has a difficult time putting their thoughts into words. Now, you know, some of the things they do for lower listeners. If none of the above items resonate with you, great! You're a better listener than most. How to be a better listenerFor conversation due, though, let's say you may need some work in the listening department, and after reading this article, you make a decision to improve. So what are some of the things you need to do to make this happen? How can you be a better listener?1. Be careful A good listener is attentive. He's not looking at his watch, his phone, or thinking about his plans for dinner. They are focused and pay attention to what the other person is saying. This is called active listening. According to the skills you need, active listening involves listening to all your senses. As well as paying full attention to the speaker, it is important that the 'active listener' is also 'seen' to be listening-otherwise, the speaker can conclude that what they say is not of interest to the listener. As I mentioned earlier, this is normal for Wander. After all, we're human. But a good listener will take the reins of these ideas back as soon as you notice their attention waning. I want to remember that here you can also listen to bodily cues. You can assume that if someone keeps looking at their watch or over their shoulder, their focus is not on the conversation. The key to this is to pay attention.2. Use positive body languagey you draw a lot from a person's body language. Are they interested, bored, or anxious? A good listener's body language is open. They lean forward and express curiosity about what they say. Their facial expression is either smiling, expressing concern, conveying empathy, etc. They let the speaker know they're being heard. People say things for a reason - they want some kind of feedback. For example, you tell your husband: 'I had a really hard day!' and your husband continues to check his newsfeed while nodding his head. It's not a good answer. But what if your husband looked up with his eyes interrogated, put down the phone and said, 'Oh, no. What happened?' So how would he feel? The answer is obvious. According to Alan Gurney, the audience pays full attention to the speaker and ensures that they understand the information that has been supplied. You can't be distracted by an incoming call or a Facebook status update. You have to be present and at the moment. Body language is an important tool for you to do this. Proper body language makes you a better active listener and therefore more 'open' and receptive to what the speaker says. It also indicates that you're listening to them. 3. Avoid interrupting Speaker! I'm sure you wouldn't want to be in the middle of a sentence just to see another person holding their finger or mouth open, ready to enter the unfinished literally. It's rude and causes anxiety. More than likely, you'd feel the need to rush what you're saying just to finish your sentence. The interruption is a sign of disrespect. This is basically saying: 'What I have to say is more important than what you say. When you interrupt the speaker, they feel frustrated, hasty and unimportant. Interrupting the speaker to agree, disagree, argue, etc., will cause the speaker to lose track of what they say. It's very frustrating. Whatever you say, he can wait for the other person to do it. Be polite and wait for your turn!4. Asking questionsAsking questions is one of the best ways to show that you are interested. If someone tells you about your ski trip to Mammoth, don't react, that's nice. This would show a lack of interest and disrespect. Instead, you may ask: 'How long have you been skiing? Was it hard for you to learn? What was your favorite part of the journey?' Etc. The person will think very much about you and considers you conversational just by asking a few questions.5. Just ListenIt may seem counterintuitive. When you talk to someone, it's usually back and forth. Occasionally, all that is required of you is to listen, smile or nod your head, and your speaker will feel that they are truly heard and understood. I once sat with a client for 45 minutes without a word. She came to my office in distress. I should have sat her down, and then she started crying quietly. I sat with her -- that's all I did. At the end of the session, she stood, told me she felt much better, and then left. I have to admit, 45 minutes without a word was hard. But she didn't need me to say anything. She needed a safe space in which she could emote without interruption, judgment, or I was trying to fix something.6. Remember and watch UPart's great listener remember what the speaker told you, then follow them up. For example, in a recent interview you had with your co-worker Jacob, he told you that his wife had received a promotion and that they were considering moving to New York. Next time you run into Jacob, you might want to say, 'Hey, Jacob! What happened to your wife's promotion?' At this point, Jacob will know that you really heard what he said and that you are interested to see how it turned out. What a gift! According to new research, people who ask questions, especially follow-up questions, can become better managers, land better jobs, and even win a second date. It's so easy to show you care. Just remember a few facts and follow up on them. If you do this regularly, you'll have more friends.7. Keep confidential confidentialIf you really want to be a better listener, listen carefully. If what you hear is confidential, keep it that way, no matter how tempting it might be to tell someone else, especially if you have friends in common. Being a good listener means being trustworthy and responsive with shared information. Anything you are told in confidence must not be revealed. Assure your speaker that their information is safe with you. They will feel relieved to have someone with whom they can share their burden without fear of getting out. Maintaining one's trust helps deepen your relationship. Also one of the most important elements of confidentiality is that it helps build and develop trust. It potentially allows the free flow of information between the client and the worker and recognizes that the personal life of the client and all the problems and problems that belong to them. Be like a therapist: listen and hold judgment. NOTE: I must add that while therapists keep everything in the session confidential, there are exceptions: If the client may be an immediate danger to himself or others. If the client threatens population that cannot be protected, for example in the case of child or elderly abuse. 8. Maintain eye contact When someone says they are usually saying something they consider meaningful. They don't want their listener reading text, looking at their nails, or bending over to a pet pooch in the street. The speaker wants all eyes on them. It lets them know that what they say has value. Eye contact is very strong. It can relay a lot of things without saying anything. It is now more important than ever with the Covid-19 pandemic. People can't see your whole face, but they can definitely read your eyes. According to eye contact, I don't mean a hard, creepy look-only look in the direction the speaker will do. The next time you're in a conversation, you'll have a point to keep eye contact with the speaker. Avoid the temptation to look anywhere, but on their face. I know it's not easy, especially if you don't care what they're talking about. But like I said, you can redirect the conversation in a different direction or just let the person know that you've got to go. Final thoughtsLiding carefully will add to your connection with anyone in your life. Now, more than ever, when people are so disconnected due to smartphones and social media, listening skills are critical. You can build better, more honest and deeper relationships by simply being there, paying attention, and asking questions that make the speaker feel like that's what they have to say things to. And isn't that a great goal? Make people feel like it matters? So, go out and start honing those listening skills. You have two great ears. Now use them! More tips on how to be a better listenerFeatured photo credit: Joshua Rodriguez via unsplash.com unsplash.com

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