

HAPPINESS DEPENDS ON ONE'S OWN EFFORTS.

Living is an art. It is like a miracle that a person can live normally and without any problems in this life. Because it is very difficult to continue a normal life, especially in crowded countries. People's financial difficulties, family relationships, and difficulty in educational opportunities make life difficult by pushing people into stressful situations. This is how I am. In situations, I face life as normal and I am grateful for my situation. Such difficult situations and pressures are the source of stress. To solve the problems I encounter, I first try to understand what makes relationship conflicts with people so difficult and the different ways people approach these conflicts.

The problems we experience in life and see from our loved ones cause a deep wound in us because they make us question the reliability and loyalty of the people we love. These wounds trigger many emotional and behavioral reactions in us such as aggression, anger, fear, avoidance and forgiveness. In such situations, without some of the ways we have developed to protect ourselves, it is possible for a person to harm his or her environment or be harmed by his environment. Living with pain leaves deep wounds in us, even if we are not aware of it. In the face of the deep problems I encounter at work, I try to gain experience from those around me about how people heal and overcome pain. I approach things with the mindset that all people are fallible. Who suffers more ceases to compare; I try to empathize with how others see the world. Recognizing that other perspectives exist; I try to solve my own problems.

Feeling inadequate can seem like an inevitable fact of life. This feeling is a universal experience that each of us experiences from time to time. The intense expectations brought by modern life, the tendency to constantly compare ourselves with others and the search for perfectionism can cause us to feel inadequate. When I feel inadequate, I try to understand the source of the problem, find the reasons for this feeling and find ways to cope with it.

Feeling inadequate usually occurs when we exaggerately question our own skills and abilities. Why can't I be successful like others? I sometimes question myself with questions such as "Why am I not good enough?" However, the important thing is that I prepare in advance by planning how to deal with these thoughts and how to evaluate ourselves in a positive way.

The underlying reasons why we see ourselves as inadequate in the face of problems are based on personal experiences and social influences. Although the reasons for feeling inadequate are based on many different reasons, the final solution must be made by the person himself. Comparing with the appearance, success and life of others can lead a person to question his own value. I try to stay away from such behaviors.

I believe that each individual is different and has their own unique experiences in dealing with problems. Therefore, I believe that understanding the underlying reasons for feeling inadequate and not being able to cope with problems will help the person overcome their problems.

Well ; I try to deal with stress by staying away from negative thinking patterns, permissive people, pessimistic ideas, and an unhappy environment. I live my life happy by staying away from negative thoughts such as generalizing a mistake or failure and saying "I can't do anything right."

Although feeling inadequate is an aspect of human nature, it is possible to learn ways to cope and establish a healthy sense of self. Self-acceptance, creating positive thought habits, and getting expert help when necessary are just a few of the steps in this process. Let's not forget that happiness depends on a person's own efforts.