

# Be Prepared to Learn How to Make Attitude Adjustments

*All it takes is an attitude adjustment to enjoy where we are rather than where we are not.*

## View from the Beach



### Attitude Adjustment

I saw loneliness  
It turned into Beauty

I saw the sun setting  
It turned into a new day

I saw life far away  
It turned into a chance to start anew

I saw craggy rocks  
And then I remembered you

You always reminded me  
That there was another point of view  
It was, "there is good news in all that we see  
And all that we do."

"...And the good news" was a life lesson I have carried with me even though it is often in hindsight that I "look for it and see it". When I sustained my traumatic brain injury my world flipped upside down. I had become angry and grief ridden. I felt injustice from the disability system I was dealing with. I felt frustrated with the medical system that couldn't seem to "cure me". I was angry at losing my job, my horse, my ability to play my flute, and my way of life. My negative attitude oozed from me and seemingly filled an ocean with tears. And all the while I could see the shore I use to live on far, far away. I had no way to return. Finally, I noticed that friends and family didn't want to talk with me about my frustrations after a while. I had to learn that when I carried and expressed my negative attitude people started moving away from me. It became difficult for others to carry my emotional baggage with me. I started to hide and swallow my anger around what was happening to me medically and legally during my brain injury experience. And with the help of my counselor and brain injury support group I realized I needed an attitude adjustment. I needed a positive attitude to better cope with my daily living situation. I needed to find new friends and not be all about anger and frustration.

These are some of the things I had learned and put into a plan in order to change my attitude and recognize the good news in a “new” life:

- Become more self-aware of what you say and feel and look for the good news
- start a gratitude journal and log every night 3 things you are grateful for
- meditate daily and find free meditation programs such as Oprah & Deepak’s periodic free meditation experiences
- find things that you like to experience such as art, music, writing, hiking, cooking, car rides and find someone else who enjoys the same thing
- smile (even when it is difficult)
- ask how other people’s lives are and talk about what they are interested in
- join a support group where you can talk honestly about what you are living through
- listen for how others in the same situation moved forward to create a new attitude
- look for a counselor if you would like the one on one help to change your attitude and live a better life
- make an effort to socialize
- go outside every day for at least 15 minutes
- talk and read about positive attitudes and finding happiness

Journal Prompts:

My attitude is mostly negative when I think about: \_\_\_\_\_

I can adjust my attitude by trying: \_\_\_\_\_

A positive attitude helps you cope more easily with what is difficult to handle in your life. It can affect your health and well-being as can a negative attitude.

Attitude is a choice. Happiness is a choice. Kindness is a choice.

**Affirmation:** I have the ability to look for the good news, adjust my attitude and keep a positive outlook.