

# Family Counseling Service: Finding Contentment in Each Circumstance

BY LARRY DEAVERS

With all the unique challenges we've all faced during 2020, a natural response to the stress and uncertainty is to think, "I can't stand this – I just want this to be over." That's understandable, but the very nature of life is that we're continually facing situations where we're tempted to just hold our breath and get past them. This approach can be detrimental when it becomes a regular method of coping with challenges.

There will always be something you can point to and say, "I'll be so much happier when this is behind me." If we believe we can only be happy once our current situation is over, whether it's COVID, stress at work, or family difficulties, we miss the joys in the moment we're living.

What is life but a series of moments? If you spend most of them wishing they'd go away, or just gritting your teeth to survive them, before you know it, much of your life has slipped away. While keeping our eyes on the next thing is important to help us reach our goals, life itself is mostly made up of the journey. Every step, though fraught with challenges, has some reward and pleasure to offer.

If you find yourself habitually waiting for the "someday" when circumstances are exactly right for you to be happy, you'll never achieve your ideal picture of happiness. Try to find some element of contentment and satisfaction in each circumstance, even the unpleasant ones. Only then will you really be able to enjoy life and take control over what determines your fulfillment.



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