

## Some Facts About Life

- We have to deal with other people
- Many things in our world we have little to no control over
- We all want to feel good & not bad
- We are all selfish, ignorant and biased
- Unfairness - it happens
- We struggle with feeling inferior
- Much of our days are ordinary & uninteresting
- Unhealthy coping habits & beliefs from our youth will likely emerge and cause problems later on
- We aren't entitled beyond our basic human rights that we share with everyone
- We have to find our own way, create our own path
- We aren't special beyond the specialness of others
- Our families may teach and guide us in ways that don't make sense to us or are unhealthy
- We all struggle with versions of human weakness
- There are good and bad consequences
- There will be failures & disappointments
- A great struggle in life may be coping with not getting what we want
- The greatest pains & joys come through relationship