

Untitled

"It's not the load that breaks you down; it's the way you carry it." — Lena Horne. If everyone would apply this to life all of the time, it would be so much easier. Sadly, we do not.

By saying that, Lena Horne simply meant that it is the outlook that affects the outcome. If you look at something pessimistically, or as a burden, then chances are, it will be so. That said, if you look at something with an optimistic attitude, it is likely that it will seem to be less of a burden. Like the saying goes, "Is your glass half empty, or half full?" It all depends on how you view things. For example, say you are in school, and have been assigned to compose an additional essay that will not count towards your grade on top of all other assigned work. You have one of two options: you can look at it despairingly, which will ultimately only make things more difficult when you actually have to write the essay, or you could plunge into the project willingly, knowing that later on it will only help you to become a stronger writer.

Sometimes a person can be confronted with a difficult decision or situation. In the long run, it really depends on how they go about the whole predicament, and their attitude towards it plays a big role in how things turn out. A confident or cheerful attitude is not guaranteed to make things turn out perfectly, or even just good, every time, but it can help to make the road less bumpy. If you focus on the positive more so than the negative, you will be happier. When looking at a dilemma cynically, you are less likely to appreciate anything that is good in life. Things are only made more difficult on yourself when you have a bleak frame of mind. It is hard to enjoy anything, no matter how big or small, if you are always looking down on life. Likewise, having a self-pitying attitude will not help anything. If you go through life feeling sorry for yourself, you are only making things worse. You might gain the sympathy of others, but in the end, that will not get you anywhere.

Of course, it could be argued that optimism isn't always the key to everything. And it isn't. Being positive won't help to cure an illness that you might have. But it might make that illness more tolerable. No, it won't make that debt that you might have magically disappear, although a positive attitude might help you to realize how you are not as worse off as you could be. If a loved one dies, being cheerful will not bring them back to life, but maybe, just maybe, it might help to make their passing more bearable. As already stated, happiness is not the key to everything, but it can make life easier in many ways.

People who are pessimistic might say that not looking forward to anything leads to less disappointment later on. It saves their hearts from unnecessary pain. And that is true. But is it worth it? To look at life dimly, and to have every simple burden magnified so that it might seem twice as difficult, if not more, is better? Disappointment is guaranteed to happen throughout life, whether you look at it positively or negatively. There is no way to escape it. No way that I personally know of, anyways.

Unless you are a pessimist yourself, do you really want to hang around someone who is always putting themselves, life, or even you down? Is it fun to have a miserable attitude towards most everything? Most people, not everyone, but most people, enjoy being in the company of someone who has a brighter, more happy personality. Life could be made so much more easier if people would just look at it with a brighter mentality.

The choice is yours alone to go through life optimistically or pessimistically. Granted, it would probably be easier to be positive, but not everyone sees it like that. Just remember that you affect your own outcome. So, is your glass half empty, or half full?

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