



AGITATION AND DISAPPOINTMENTS

Agitation and disappointments: as it pertains to life transitions which many that we have to go or event travel through in life. While there are some good some bad, they are usually intensely emotional and sometimes stressful situations can be precariously uncomfortable and inconvenient as well. However, some or if many seem to manage dealings with life transitions on their own better than others it would appear that way above the surface consequently beneath the surface there you will find the tension.

What are some of the transitions that people are troubled with:

Marriage: whether it is the first or subsequent marriage there many issues that can arise for everyone involved or as it pertain to social relations.

- 1) Socio-economic background
- 2) Belief system
- 3) Family
- 4) Friends
- 5) Associates
- 6) Goals
- 7) Dreams
- 8) Aspirations
- 9) Children

Certainly, there are many more in the course of life transitions situations and events effect people different they respond differently based upon the 9 that was previously shared. But we can be sure that life is full of transitions and at times the challenges changes of life can be difficult and stressful but yet also soothing as well. We all have a moments, seconds, minutes hours, days, weeks, months, years of challenges that changes us for a life time what an experience however painful and stressful it is experience that is yours but you're not by self as result empathy and sympathy is needed as a necessary requirement to help aid assist you through that experience as well the shared experience of another it builds up each up others strength and determination to hold on and keep pushing forward. Now let's distinguish between sympathy and empathy which seem to be lost art if I may use the very underutilized.

Sympathize:

Acknowledging a person emotional hardships and providing comfort and assurance is a sympathizer obligation.

- Comforting the family and there time of hardship.

Empathize:

- Understanding with reservation what some else is feeling because you have experienced it yourself.
- Personalization of it by Relating with each other because you have been in similar situation or experience.

Learning to deal with life transitions can be rewarding, taxing, agitating, and disappointing, confusing amusing, an unsettling impactful life changing experience of a memorable encounter that could last for a life time. Such heart felt sentiments is a part of our human emotions what a memorial, to be built and to be forever remembered and never forgotten in your feeling thought attitude language and activity in those whom shared an human emotion with this is a beautiful that is of great value to all of humanity. So to abandoned it neglect it oppress it suppress it there lies the tragedy the underlying tension of agitation and disappoints which leads to residuals of social anxiety attacks.

- A) Fear
- B) Failure
- C) Folly
- D) Frustration
- E) Fatigue
- F) Depression
- G) Abbreviated life expectancy
- H) High blood pressure
- I) Mistrust

Let's look at tension an uneasy feeling in relating with each and to each other on behalf for the benefit of each other? Where is the disconnect it is in the results. Fear of each other's or fears the results would serve as a benefit for the greater good. What a demanding challenge to undertake attentively understanding body and verbal gestures of life transitions that are agitating and disappointing. They resilient key is not to let the human unemotional experience of others deprive you of yours.