

THE WISDOM JOURNAL

DAY 78

SUBJECT: WORKING THROUGH TRAUMATIC EXPERIENCES

Experiencing a traumatic event disturbs your psyche. It makes you paranoid of your surroundings. It binds your mind to the pain of yesterday. I remember my tragic event.

It is hard for me to share this but I believe my transparency will deliver someone from their pain. I remember when I started a new job in my young adult years. It was my first management job.

I was highly excited and very optimistic. It seemed like everything was going great. My managers praised me and the employees treated me very nice. I thought I would be working at this place for many years.

I couldn't be more wrong. At the end of my three month probation the Owners of the company fired me. I did not see this coming. There were no signs that this was in the works. I was shocked, traumatized and embarrassed.

I thought I was doing a great job. I allowed the praise of people to comfort me. The owners told me a couple of days before that I was doing a great job. So you can only imagine how I felt when I got fired. I began to doubt my abilities and myself.

I asked myself so many questions such as what did I do wrong? Where did I go wrong? Did I miss something? Every answer I told myself did not provide satisfaction.

When I found a new job, the thought of me getting fired the way I did haunted me. I was paranoid of people's compliments. I trusted no one and I constantly stayed on edge, wondering if I was going to get fired. The uncertainty of tomorrow was weighing me down.

One day I was reading the Bible and I read Psalm 118:24. The scripture says, "This is the day that the LORD has made. Let us rejoice and be glad today!" **THIS IS THE DAY!** This is where I learned to love one day at a time, not thinking about tomorrow but mastering today.

I made a choice to **REJOICE NOW** no matter what happens. The tragedy that happened to me in the past was paralyzing my future. I decided that enough was enough.

I will not be held captive by this event. I will live free. I will live in the moment and take what comes. This philosophy has helped me. There are times I think about what happened. However, I do not meditate on what happened.

TAKEAWAY: when something tragic happens to you live **ONE** day at a time. Rejoice in that day. Do not think about tomorrow. Master today.

You may not forget what happened but you can choose not to meditate on what happened. **THIS IS THE DAY THE LORD HAS MADE**. Make the decision to rejoice in it.

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