

How Would YOU React To Tragedy Like This?

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By Kevin Thompson

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by: **Kevin Thompson**

The true story I'm about to share will have a profound impact on you, just as it did on me.

One day a mother was in her kitchen doing the dishes, when through the window, out of the corner of her eye, she saw an alligator moving across the lake behind the family's Florida home.

Knowing that her son was swimming in the lake, she immediately went racing to the back yard, yelling for him.

She ran through the back yard toward the lake, waving her hands in the air, screaming at the top of her lungs for her son.

The young boy, while startled, knew that something was wrong and began swimming toward the dock.

Meanwhile, the alligator was moving across the lake at a very fast pace and was just a few feet away from the boy.

Just as the mother got to the end of the dock and began reaching for her son, the alligator grabbed hold of his legs.

The fight that ensued was vicious.

Mom had a hold of her son's arms and was trying to pull him out of the water. Meanwhile the alligator wasn't about to release his grip on the boy's legs.

Knowing that her son was going to face certain death if she didn't get him out of the water, the mother gave every ounce of energy she had and tore her son away from the alligator.

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As you can imagine, the young boy's legs were in bad shape. He needed medical attention, and fast!

Mom dialed 911 and frantically told the dispatcher what had happened.

Help arrived for the badly injured boy, but as you can imagine, his fight was far from over.

He underwent major surgery to repair the damage that was done to his legs.

While it was a painful and agonizing time for the boy, after many hours of surgery, the doctors were able to save his legs.

It would takes months of recovery, but the boy would be able to walk again. The bad news was that he'd be left with permanent scarring that would be a constant reminder of the tragic event.

After hearing of the boy's amazing recovery, a local reporter went to the hospital to interview the child.

The reporter was deeply moved by the young boy's story, and just before he was about to leave, he asked if he could see the scars on his legs.

The young boy then pulled back the blanket to reveal the massive scarring to the reporter.

After seeing his seriously damaged legs, the reporter broke down in tears.

The boy then said, "Those are nothing, you wanna see my other scars?"

"Other scars?", the reporter inquired, "What other scars?"

The boy then lifted the sleeves of his hospital gown to reveal the large black and blue bruises that covered both of his upper arms.

The reporter was amazed and asked, "Where did you get those bruises?"

"These are from my mom", he said with pride as a huge smile came across his face.

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Wow!

I told you this story was going to move you.

It sure does make you think, doesn't it.

I don't even have a child of my own yet, but since being with Lisa I've formed an incredible bond with her four children, and I can tell you this...

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I'd do anything for those kids.

I know you feel the same way about your children.

You know, it's funny. A lot of changes have been going on in my life over the last year. But one of the biggest changes for me was when I made the decision to consciously carry an attitude of gratefulness each and every day.

What a difference it's made.

Since making these changes in my life, amazing things have been happening.

And the thing is, I want the same for you!

As I continue to share with you in the coming weeks and month's, I look forward to letting you in on many of the secrets I've learned.

And when I do, your life is going to improve as well.

What would you like?

Better health.

A better job.

More time freedom.

More money.

I can show you how to get it, and I will.

Kevin Thompson

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How to Grieve a Tragedy

How Would YOU React To Tragedy Like This?

By Stephen Bucaro

Bad things happen to good people. Have you lost your job or are facing bankruptcy? Has a cherished relationship ended or you have gone through a divorce? Maybe you received diagnosis of a serious health problem. Or maybe you are mourning the loss of a loved one. Unfortunately, these painful events are part of life.

If you have to endure such a tragedy, maybe you can find solace in your friends and in your faith. There is no way to completely avoid the pain of a tragic event, but I offer you a way to work through the pain. If a friend or loved one is grieving, you can pass this message on to them.

You should deal with the grief in three phases. You should carry on each phase for exactly 21 days before moving on to the next phase. Why 21 days? Because studies have shown that if an individual does the same thing for 21 consecutive days, it becomes a habit. That is the amount of time required to make a permanent life change.

Phase 1: Don't think about the event that is causing your grief. You may be forced to think about it in some way in order to take care of business related to the event. But otherwise don't think about it for the first 21 days. If the event comes to mind, think to yourself "I don't want to think about this right now", and dismiss the thought from your mind.

Every time the tragic event enters your mind, think "I don't want to think about this right now", and force yourself to think about something else. Usually friends and family will not be a problem because they will avoid bringing up the subject. For the first 21 days, keep pushing thoughts of the event out of your mind.

Eventually you will need to mourn, it's unavoidable. In Phase 2, you should think of nothing but the tragic event. How can this help? Even though you forcefully prevented the event from entering your conscious thoughts for the first 21 days, your subconscious mind was grieving. Now you need to deal with it on a conscious level.

You will be able to grieve with less pain now because your subconscious mind has already dealt with it. You can't put the tragedy behind you unless you deal with it on a conscious level. For the next 21 days, force yourself to focus on the tragic event.

If the tragedy is a broken relationship, think about the life you could have had if things worked out the way you dreamed. If the tragedy is the death of a loved one, think about the moments of your lives together. Focus entirely on how much that individual meant to you.

Phase 3: It's time to move forward. For the next 21 days, think only of your future life and changes you will need to make. Plan your new life. What changes do you need to make to carry on under your new circumstances?

Unfortunately, painful events are part of life. Bad things happen, but life moves on. My plan doesn't let you totally avoid the grief of a tragedy, and not letting yourself grieve would not be healthy anyway. I

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promise you, no matter what the loss, in the end, the human spirit will always survive.

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