

FACING LIFE'S PROBLEMS

- Accepting that life is tough
- Provoke painful emotions - frustration
 - fear
 - guilt
 - loneliness
 - anxiety
 - anger
 - regret
 - grief
 - anguish/despair
- Yet they can have good effects
 - give life its meaning
 - teach us
 - call forth energy, courage, talents, wisdom