FROM FAILING TO HEALING

by:
Ciara Kathrina D. Felicitas
Administrative Assistant II

Who does not know anything about failing? May it be from failed grades, failed relationships and even failed life decisions. Now, the government is facing a more serious problem- failing to acknowledge that the Philippines is nowhere to see when it comes to healing and recovering from the pandemic. There will always be many kinds of failing- how you fail and why did you fail? But, on the lighter mind, there is this healing that may come when you most accept your failings. So, there when will you come up to the healing process:

1. Awareness
   
   If we do not know and think that we failed, we will not be able to also know that we should heal. “To know is half of the battle” Try to look on the aspects where we lack on that led us to failure.

2. Acceptance
   
   Accepting is one the biggest and most hard action especially when you are trying to accept the fact that even you have done your best, it didn’t come out the way you planned and ought it to be. Accept and you will be able to own everything. Acknowledge the problem and stand to it.

3. Go for solutions
   
   When you have owned the problem/failure, do not be hesitant to find resolutions. For when you only accept but do not act on it, it will always remain a failure and an
unanswered “what ifs”. You will not be able to move forward if that mistake will not bring you to a new you.

4. Forgive yourself

Not everyone is being given a chance to forgive him/herself. For what reason? For he/she do not allow thyself to heal from the inside. They may be aware, have accepted and found solutions but did not know how to forgive thyself. Forgive, not because to feel good but for you to be able to start a new.

5. Move forward

Your failures do not and will not dictate you are you as a person. Notably, that failure will not determine who you will be in the future. So, do not live in the past but have life for the future.

Many say that healing is but only a pre-requisite to moving forward. In my take, healing will not only be a pre-requisite of moving on but an essential component of a healthy and well-lived life. Failures are but steppingstones to a much better you. Failures are also reasons for being able to achieve the more purposeful you. Let no failure make you squander your track but lead you to a better plan, even greater than what you always look into. Heal so we can also be healers.

References:

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