



**Safe Space in an Unstable World**

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Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

*--Marie Curie*

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Safe Space - is a kind, loving, 'will be okay' place where you can speak your truth without filters and be unapologetically true to yourself. It's your very own sanctuary.

*x Safe Space*



# **PART I: SAFE SPACE**

## **CHAPTER I: SAFE SPACE 101**

### **SAFE SPACE**

Do you dream of a world where there is space for everybody? A place where we all feel safe, valued, and heard?

What if you have the opportunity to create a safe space not just for you but the people around you? Would you grab it?

Safe space is like psychological safety- where people feel free to express their thoughts, ideas and concerns, a place where they are allowed to speak their truth, be entitled to their feelings and not be judged or criticized for it.

### **WHY WE NEED SAFE SPACE**

#### **IT ALLOWS YOU TO BE VULNERABLE.**

You can let down your guard. Kung minsan, the world becomes too big and life gets heavy so kailangan din natin pahintulutan ang sarili nating maging mahina, maging malungkot- maging vulnerable. In a world where people expect you to always be

strong, it's almost weird to say that you are allowed to be weak sometimes.

Now, this is not a lame excuse to be just another damsel in distress but it's actually the strong who can acknowledge weakness and limitations.

 **IT BUILDS RESILIENCE.** Mas tumatatag at tumatapang ang isang tao kapag meron siyang itinuturing o nagsisilbing safe place niya, tahanan niya. Kapag merong naniniwala na kaya mo, kapag merong nandiyan handang sumuporta sayo lalo sa panahon na kahit ikaw ay hindi na naniniwala sa sarili mo, nagkakaroon ka ng lakas na lumaban at sumubok ulit. That is resilience, yung ability mo to bounce back and try again.

 **IT'S THERAPEUTIC.** When you are allowed to speak your mind and share your feelings, you become a better version of yourself kasi you're able to process and

integrate your experiences. Bakit yung simpleng pagkukwento ay nakakagaan ng pakiramdam? Dahil you feel heard and understood. Bakit effective ang counseling at therapy? Kasi they create a safe space for people to speak their truth without being judged.

 **IT PROVIDES A SENSE OF FREEDOM.**

Malaya kang mag express ng sarili. Malaya kang maging ikaw. Isa sa pinakamagandang expression ng pagmamahal ay yung may kalayaan kang maging “ikaw”. Love someone in such a way that the other person feels free --to be who they want to be; to do what they think is best for them. That’s what safe space means, believing that we can be responsible decision-makers.

 **IT’S A VENUE FOR DIFFICULT CONVERSATIONS.**

Maraming bagay sa buhay natin na hindi napag-uusapan. Growing up, you probably have experienced shutting your feelings, ignoring your

thoughts because you're not allowed to talk or ask about certain things. You may have learned to bottle up your emotions or felt the need to numb yourself just to cope.

Ito na yung panahon na dapat pag-usapan natin kahit yung mga mahirap na issues or topic. Kung kailangan natin i-resolve, kung gusto nating ayusin, kailangan we talk about it. Creating a safe space for the people you love will help them to open up and be more honest.

Paano natin yun gagawin? For example, kapag meron kang itatanong, huwag kang mag simula sa "Bakit mo..." because it sounds accusing. Ask the right questions and you will get good answers. Instead of asking why, ask them to tell you their story. Ask them to tell you kung ano yung komportable silang sabihin sayo. That way, they get to decide how to tell you and when to tell you their side of the story.

You see, safe space means that you suspend judgment and that you can talk about anything and though you may not agree all the time, you can agree to disagree and still have mutual respect and love for one another, despite the differences.

It's like saying, 'I love you in spite of you. Mahal pa rin kita kahit ganyan ka at pipiliin pa rin na mahal in kahit magkaiba tayo sa maraming bagay'.

## **CREATING A SAFE SPACE FOR YOURSELF AND OTHERS**

A safe space is like having a kind, loving, 'will be okay' place where you can speak your truth without filters and be unapologetically true to yourself. It's your very own sanctuary. It's a place where you find peace. It kind of helps you stand on your ground. Here's an attempt to share with you three simple steps in order to create a safe space for yourself and others.



## **HAVE AN OPEN MIND**

Ang tao na bukas ang kaisipan, kahit na ano pang pagdaanan, nagkakaroon ng new, positive, and hopeful perspective or disposition.

Ibig sabihin, you can make sense of what is happening to you and others. Iniisip mo na pwedeng magbago ang sitwasyon, maaari pang maayos ang mga bagay bagay at kung hindi man, kaya mong tanggapin na kung minsan, things don't go according to plans.

Having an open mind allows you to see things differently and even when you don't understand what you're going through, you believe that things could get better and one day, it will all make sense.



## **BE AN EMPATHIC LISTENER**

Did you know that you can help someone feel better by simply listening? Naniniwala ako that in almost any relationship, if people

would only practice empathic listening, we could solve 90% of the issues or problems. Why? Because empathic listening means that you try to understand and show empathy to the other person.

Meaning, sinusubukan mong maunawaan ang point of view o pinanggagalingan ng isang tao kapag siya ay nagkukwento sayo. Hindi mo siya hinuhusgahan at hindi mo rin bina-balewala ang sinasabi at nararamdaman niya.

By being a good listener, you are creating an environment that would encourage people to share their thoughts and feelings. It's like telling them, 'you can be heard in my presence'. What a gift!



## **RECOGNIZE THAT EVERYONE IS A WORK IN PROGRESS**

This includes you and me. Walang exception dito. Lahat tayo ay hindi perfect. Lahat tayo ay work in progress. Hindi pa tapos ang story mo so allow it to unfold. Continue moving forward to the next chapters of your life even in the midst of trials and difficulties.

Kapag ganito ang mindset, you become more understanding, kind and patient to yourself and others. It means, you recognize your mistakes and weaknesses but you don't let it define you. You are the person that you're becoming and not the things that you've been through.

You recognize mistakes and failures as opportunity to learn and grow.

## CHAPTER II: HEAD SPACE

head-space

/'hedspās/

a person's state of mind or mindset. Our mind says a lot about us. Our choices, decisions, emotions, and behavior rooted from our thoughts or state of mind. Kaya nga sabi nila, when you put your mind to it, you can really do it. Bago maka-imbento ng iba't ibang bagay nung unang panahon, inisip muna nila yun. Nag-conceptualized muna sila sa mind before it came to life. Bago nag-materialized, nasa isip muna.

In the same way, our thoughts give birth to our emotions and how we respond to situations in life. Meron tayong tinatawag na core beliefs- ito yung mga paniniwala na meron tayo tungkol sa sarili natin, sa mundo, at sa marami pang mga bagay.

Na-developed ito simula nung mga bata pa tayo. Mga values na kinalakihan natin, mga tradition na nakasanayan, hanggang sa tumatanda ka at nagkakaroon ng iba't ibang experiences (both pleasant and unpleasant) doon nabubuo ang core beliefs.

Kung minsan, nakakatulong yung ating paniniwala tungkol sa sarili natin at maging sa mundo, pero minsan, may mga mali din sa ating core beliefs na kailangang maitama. Dyan ngayon pumapasok yung need natin for counseling or therapy. Minsan kasi may mga paniniwala tayo na hindi nakakatulong sa atin, kaya kailangan ma-correct.

Halimbawa, lumaki ka na hindi mo alam ang value mo bilang tao kasi hindi ka appreciated o kaya lagi kang nako-compare, kaya pakiramdam mo hindi ka likable, hindi ka enough o kaya hindi ka deserving sa mabuting tao o healthy relationship. Kung minsan yung ganitong belief nagli-lead sa atin sa wrong relationships or poor decisions sa buhay. So it has to be corrected or tinatawag natin yang cognitive/thought reframing.

Pero bago tayo pumunta sa thought reframing, identify muna natin ano ba yung thinking errors (cognitive distortion) or yung mga pag-iisip na dapat natin ma-correct or ma-improve.

## THINKING ERRORS:

- ☾ **Ignoring the good.** Mas pinapansin at binibigyang atensyon ang negative or bad things kaysa sa good or positive.

Example: sa exam, sa sampung items, seven ang correct answers mo, pero all you can think about is the three mistakes.

Parang sa relationship din, sa dami ng tama niyang ginawa, ang hindi mo malimutan ay yung kaisa-isahan niyang pagkakamali. Ganon!

- ☾ **Blowing things up.** Ginagawa mong big deal as in OA, ang maliit o simpleng bagay.

Example: May bago kang sapatos, tapos nagka stain, feeling mo, hindi na siya mapapakinabangan at hindi mo na siya maisusuot.

- ☾ **Fortune telling.** Maraming makaka-relate dito. Ito yung palagay mo alam mo ang mga mangyayari at susunod na mga kabanata sa buhay. At hindi lang yun, iniisip mo, pini-predict mo na it's going to be bad! Parang laging may bad news, iniisip mong madalas na may masamang mangyayare!

Example:

*“Alam ko naman na kapag nag open up ako sa friends ko, hindi nila ko maiintindihan.”*

*“Nararamdaman ko na lalala ang sitwasyon.”*

*“Parang may malaking problema na dadagok sa pamilya ko.”*

*“Kapag sumagot ako sa recitation, malamang mapapahiya ako.”*

*“Alam ko na yan, one day, iiwan din ako niyan.”*

Please, tama na yang ganyang statements, baka maregaluhan ka pa ng bolang crystal niyan or meron ka na?!

☾ **Mind reading.** Ito ay kapatid ni fortune-telling, variant ika nga. Ito yung palagay mo nababasa mo yung iniisip nung isang tao at alam mo na yung mga susunod niyang gagawin, iisipin, at kung bakit siya ganito mag isip o kumilos without having enough information.

Example:

*“Tinitingnan nila ko, siguro napapangitan sila sa suot ko.”*

*“Ayaw niya kong maging groupmate, he must think I’m weird.”*

*“Hindi ako tinitingnan sa mata, siguro may tinatago!”*

- ☾ **Negative labeling.** Hindi ko alam kung kailan nauso ang walang label pero ang negative labeling hindi siya nawawala sa uso for most people. Ito yung negative belief mo about yourself at feeling mo it applies to everything that you do. Halimbawa, you're bad at math [or insert whatever your weakness may be] tapos feeling mo dumb or stupid or hindi ka na agad matalino dahil sa weakness na ito at wala ka nang mararating sa buhay dahil dito.

Minsan, wala namang kinalaman ang ibang bagay sa buhay mo pero dahil sa negative labeling, nadadamay sila. You feel like hindi mo kayang gawin ang ibang bagay na gusto mo sanang gawin o nagkaroon ka ng opportunity to do, because you labeled yourself negatively. You tell yourself hindi ka magaling, lahat ng ginagawa mo mali.

- ☾ **Setting the bar too high.** Naalala ko nung nagpunta ako sa El Nido, Palawan at nakita ko yung mga dagat at islands doon,

para sa akin, it kinda set the bar. Tumaas yung standard ko pagdating sa dagat at beach. Yung iba tuloy hindi ko na na-appreciate dahil hindi as perfect as El Nido.

Sa buhay minsan, may pag-iisip tayo na dapat perfect, dapat walang mali, there should be no room for mistakes. Yan ang ibig sabihin ng setting the bar too high. Thinking that you must be perfect in everything you do, otherwise, you're no good.

Masyadong extreme. Hindi ba pwedeng minsan sakto lang ang galing or achievement mo? Kung minsan naman we really experience failure. Part yan lahat ng life so kapag too extreme tayo, dyan tayo nagkakaroon ng problema kasi we lose balance.

☾ **Self-blaming.** Literally, blaming yourself all the time even when you don't have anything to do with it. Halimbawa namatay yung pusa niyo, iniisip mo agad dahil sayo,

baka na-stressed siya sayo, inabsorb niya yung negative energy mo kaya namatay.

Ito yung tipo na kapag natalo yung paborito mong team sa sports, feeling mo kasalanan mo kasi hindi ka nanood or hindi ka naging supportive fan.

Are you guilty of self-blaming? Inaako mo ba kahit yung mali ng iba? Pakiramdam mo ba lahat ng kamalasan o problema ay dahil sayo? Kasalanan mo?

☾ **Feelings as facts.** Ito yung thinking na dahil “feeling” mo, feeling mo agad totoo. Feeling mo hindi maganda yung suot mong damit, feeling mo hindi ka magaling, feeling mo niloloko ka, feeling mo hindi ka naiintindihan. Pero wala ka namang evidence na totoo nga yung feeling mo pero naniniwala ka pa rin na totoo.

Feelings are not world events; these are mind events. Nasa isip lang natin lahat. Yes,

pwedeng totoo, kung minsan, pero not always that's why you have to check, feeling ko lang ba 'to or totoo nga talaga? What are your evidences na nagpapatunay na totoo nga ang feeling o iniisip mo?

☾ **Should statements.** Ito yung iniisip natin na things have to be a certain way. Dapat perfect ang family ko. Dapat lagi akong naiintindihan ng mga kaibigan ko o pamilya ko. Sa totoong buhay naman kasi, hindi yan nangyayare most of the time. Ibig sabihin ba kapag hindi ginawa according sa expectations mo ay hindi na agad valid ang isang bagay?

Halimbawa, kapag Valentine's day or birthday mo, iniisip mo "dapat" may gift or pa-surprise sayo para mapatunayan na mahal ka at mahalaga ka. So kapag walang bulaklak, regalo at surprise hindi ka na agad mahal? Hindi ka na agad importante?

‘Should’ statements are quite unfair, to say the least, para sayo at sa iba. Kasi iba iba ang expression ng tao, tsaka ang ways of showing that you care or you love someone.

People do things differently and ‘should’ statements could feel like forcing or pressuring them to do it according to your standards which is not good. They might resent you for making them feel they’re not doing enough or you might end up disappointed or frustrated.

## THINKING ERRORS, SO WHAT?

I want to share simple and practical steps that will help you deal with wrong thinking.

- ☾ ***Identify the unhelpful thoughts or thinking error*** that you usually experience. You may choose from the ones we discussed earlier or write your own.
- ☾ ***Think of the contributing factors*** that may have led you to these thinking errors.

You may dig a little bit from your past, probably childhood, na naranasan mo na maaaring naging dahilan kung bakit meron kang maling pag-iisip tungkol sa sarili o sa mundo.

Halimbawa, self-blaming ang thinking error mo, kasi nung bata ka pala madalas kang masisi or people made you feel like it's your fault kapag may nangyayaring hindi maganda. Your family may have made you feel like you're a burden.

Probably, you felt responsible for your parents' separation or misunderstanding in your family, or death of a loved one. Dito pala nagmula yung self-blaming tapos nadala mo na ito hanggang adulthood, naging part na ng buhay at isip mo.

Alamin mo rin tuwing kailan nati-trigger ang thinking error mo, para maiwasan at maging aware ka sa mga bagay o circumstances that lead to unhealthy thinking.

You can see the pattern and once mas mindful ka, you can choose to have alternate thoughts or actions. Kung dati hindi ka nag-iisip, ngayon mindful ka na kapag may mali sa iniisip mo at kung nakakatulong ba itong thought na 'to o hindi.

☾ ***Thought reframing.*** After mong i-identify yung mga situations at factors kung bakit at paano mo na-develop ang thinking errors, it's time to reframe your mind.

You will now start to be responsible for your thoughts and choose to make it work for you. Kung minsan hindi naman natin kasalanan kung bakit may nangyayaring hindi maganda sa buhay natin pero buhay pa rin natin ito kaya we can choose to be responsible for it. Wala ring ibang magiging responsible at accountable sa ating kaisipan at buhay kung hindi tayo.

Thought reframing is having a different perspective, it means having alternate

thoughts na mas healthy at helpful sa atin.  
Instead of blaming yourself, you can think of  
it this way:

*“Sometimes unfortunate events happen but  
it doesn’t mean it’s my fault.”*

## ACTIVITY: THOUGHT CHART

SITUATION	THINKING ERROR	AUTOMATIC THOUGHT	ALTERNATE THOUGHT
Example: Your bf/gf broke up with you.	Example: Self-blaming	It's my fault, maybe I wasn't a good partner.	Maybe he/she has his/her own reasons. -or- Maybe it's not entirely my fault.

## HOW I'M FEELING

Our thoughts affect our feelings or emotions, eventually our behavior. Kaya minsan you find yourself browsing lazada or shopee to buy things you don't really need- it's your emotions talking.

Kapag malungkot ka, feeling mo you should reward yourself. Reward ba dapat kahit walang ginawa? Sa bagay, Nakakapagod kayang malungkot, kaya sige na nga, add to cart na yan.

But seriously, how do we manage our emotions? Paano kapag nabili mo na lahat ng nasa cart, busog ka na kaka-mukbang, at wala ng bagong K-DRAMA sa Netflix? Paano ka na?

Three important points to help you check the appropriateness of your emotions:

### ***Identify your emotions or feelings.***

Galit ka ba? Malungkot? Frustrated? Confused? Masaya? Ano ba ang nararamdaman mo? Be honest and identify your emotion kasi hindi mo pwedeng maintindihan ang pinagdadaanan mo kung

hindi mo muna *aaminin* kung anong nararamdaman mo. Yan muna ang first step.  
*How am I feeling?*

 ***What triggered your emotion?*** Isipin mo kung ano yung nakakagalit o nakakalungkot based sa sitwasyon na meron ka. Ask yourself, *nagalit ako because...*

 ***Check if your emotion matches the situation or your interpretation / assumption of the situation.*** Let me explain. Kailangan natin i-check kung yung reaction or emotion natin ay match dun sa event o sitwasyon na kinakaharap natin. O ito ba ay match doon sa ating interpretation o assumption?

Halimbawa, nangatuwiran ang anak sa magulang, ang interpretation ng nanay hindi siya ginagalang at nirerespeto ng bata, habang yung bata ay nagpaliwanag lang naman talaga ng saloobin niya. Galit na galit yung nanay as in tumaas ang high blood sa

galit tapos pinagsisigawan ng masasakit na salita yung anak niya.

So nagalit yung nanay dahil sa interpretation niya, hindi dahil sa tunay na scenario. Many times, we interpret our problems or situations incorrectly or out of context, to a point na hindi na tayo objective.

Sometimes it's not what happened but what we thought happened that angers us or gives us negative emotion. Kaya kailangan i-check kung appropriate ba yung emotion natin based sa situation.

Now that you're able to check if your emotions are appropriate, kung magiging honest ka, 'di ba may mga time pa rin na hindi mo alam how to manage your feelings? It's true and it happens to everybody including those people that you look up to, yung mga kilala natin na matatag, matapang, lahat tayo ay dumadaan pa rin sa mga araw na mahina tayo o malungkot at hindi alam kung paano i-handle ang mga nararamdaman.

Now, don't lose heart, kasi may mga kaparaanan para ma-handle ang ating emotions and these tips that I will share with you are the things I learned either through counseling a number of people or in dealing with my personal life over the years.

### **TIP # 1 BE HONEST WITH YOURSELF**

Maging totoo ka sa iyong mga nararamdaman. It's okay to feel what you feel. You are entitled to your own feelings. Hindi ibig sabihin na nagagalit ka eh masamang tao ka na agad. Kung ano man ang nararamdaman mo, be honest about it, at least, to yourself. Hindi naman ibig sabihin na ipagkakalandakan natin sa iba agad agad ang nararamdaman, pero aminin mo sa sarili mo yung totoong feelings mo.

Why? Because it's liberating. *May pag laya sa pag amin.* How can you understand and process your emotions kung hindi mo kayang maging totoo at magpakatotoo? So be honest, kahit gaano kasakit ang nararamdaman, para makalaya ka.

## **TIP # 2 BE VULNERABLE**

Sa totoo lang, walang nagsasabi sayo na maging marupok o mahina ka. Parating ang advice sayo, 'stay strong', 'kaya mo yan', pero kung magpapakatotoo ka, may mga time talaga na hindi mo na kaya, 'di ba? Kahit subukan mong kayanin, hindi mo magawang maging matatag. Bakit ganon? Does that mean mahina o marupok ka? No. Because all is vulnerable. Yan ang totoo.

So I might be the first person to tell you, go ahead, be vulnerable! You want to cry? Cry. You want to speak your mind? Go ahead and do it. Vulnerability is part of being human. We cannot hide it. There's no exemption. That's just the truth. Napakarami nating dapat iniiyak sa buhay pero hindi tayo pinapayagang umiyak. Laging stay strong, bakit? Ano bang una mong natutunan nung isilang ka sa mundong ito? Di ba, umiyak?

Hindi masamang aminin na may mga panahon na nanghihina ka at hindi mo alam ang gagawin mo. Hindi masama na ipakita mo din na hindi ka laging strong, in fact, baka sa pagiging vulnerable mo,

maka-inspire ka pa ng ibang tao. Baka ma-realize nila na hindi sila nag-iisa sa pinagdadaanan nila.

### **TIP # 3 PROCESS YOUR EMOTION**

After allowing yourself to feel what you feel and be vulnerable, it's time to face and deal with it. We need to make sense of our feelings, understand and process them. Kadalasan people bottle up emotions, tapos bigla na lang sasabog kasi puno na, hindi pala naproseso.

Kapag may issue ka na hindi mo na-process, pabalik balik lang yan para yang problema na ayaw mong harapin, mauulit na parang cycle. Kaya dapat i-resolve agad.

How do you process your emotion? Acknowledge, accept and integrate them into your life.

Acknowledge, i-recognize mo, aminin mo, identify mo ang iyong nararamdaman. Accept your feelings, kasama na yung mga dahilan kung bakit mo yan nararamdaman, tapos integrate mo sa buhay bilang part ng story mo at experiences mo.

Most of the time ayaw natin ng negative emotions like sadness, anger etc. Bakit? Kasi pakiramdam natin it's bad to feel that way. Pero once natanggap mo na ganun lang talaga, part yun ng pagiging tao, you will be able to integrate it into your life.

### **TIP # 4 TAKE TIME TO HEAL**

Huwag mong mamadaliin ang process at healing mo. Take all the time that you need to heal. Sa mga pagkakataon na nasasaktan ka at nagkakasugat emotionally, allow yourself to go through the process of healing.

Healing is different for everybody, wala din timeline yan na dapat after a few months, okay ka na. Kaya hindi ako naniniwala sa three-month rule if it means healed ka na or moved on ka na dapat by that time after a break up. Yung iba nga mas maaga maka move on, minsan two weeks lang okay na sila eh. Pero minsan mas matagal 'di ba?

Generally speaking, healing takes time talaga. Pero don't worry kasi dadating din ang araw na yon, na

you will completely heal from everything that may have broken your heart.

**TIP # 5 REMEMBER THAT YOU'RE GOING TO BE OKAY.**

Everything is temporary, even the bad days. Lahat ng problema ay natatapos din. Lahat ng bagay ay may hangganan. *'Kung ang lahat ay may katapusan, itong paglalakbay ay makakarating din sa paroroonan.'* Kung millennial ka, for sure, kinanta mo yang part na yan.

So always look at your emotions as something na temporary lang. Hindi ka naman forever galit or forever masasaktan. Wala naman yatang ganon. I'd like to think of it as a wave, it comes and goes and sometimes you just have to hang in there because it's going to be okay, eventually.

## ACTIVITY

THINK OF CREATIVE WAYS TO MANAGE AND HEAL  
EMOTIONALLY.

♥
♥
♥
♥
♥

## CHAPTER III: SELF-AUTHENTICITY

*“To be nobody but yourself in a world which is doing its best day and night to make you like everybody else means to fight the hardest battle which any human being can fight and never stop fighting.”*

— E.E. Cummings

Hindi lang pala mga goods and products ang may authenticity, pati pala tao. As you probably know, maraming tao ang hindi totoo sa sarili nila, we sometimes call them fake, pero para maiba naman, from now on, let's call them inauthentic. Inauthentic- minsan ibang tao, pero minsan, *tayo*.

Self-authenticity means that you act in ways that show your true self, it is expressing yourself genuinely. Yung totoo lang, walang halong pretension. It means knowing and accepting yourself ng buong buo.

Did you know that according to studies, people who are true to themselves are happier, more confident, more resilient and have better relationships? Grabe ha, nagpakatotoo lang sila niyan. Ang dami palang benefits when you are true to yourself!

Bakit nga ba mahalaga ang self-authenticity? Let's identify its importance one by one.

## AUTHENTICITY MATTERS BECAUSE...

 ***Being authentic liberates you.*** It gives you a sense of freedom when you don't have to pretend to be someone else. Napakahirap mag pretend, sa totoo lang.

Yung mag pretend ka nga lang na nagtatrabaho kahit hindi totoo ang hirap hirap na eh. Yun pang sabihin mong gusto mo ang isang bagay/tao na sa totoo lang gagawin mo lahat para mawala sa buhay mo.

Kapag totoo ka sa sarili mo, madaling sabihin ang saloobin, madali kang nakakapag desisyon at may kalayaan kang gawin o hindi gawin ang isang bagay.



***People will accept and love you for who you are.*** Would you rather be loved for the person you're not or hated and disliked for being you? Mahal ka nga, gusto ka nga pero may conditions naman.

Kapag hindi mo na-meet yung expectations, ligwak ka na. Kapag hindi ka na nagco-conform at nagfi-fit in dun sa impression nila sayo—sa akala nilang ikaw, they will leave you.

Or mas gusto mo ba to keep the right people who will love and accept you for you? Kasama din dyan syempre some people will not like your authentic self dahil iba iba ang preference ng tao.

*Some people will like you, some people won't and that's okay. You are not for everybody, just like everyone else. You can't be everybody's cup of tea.*



### ***It leads to a meaningful life.***

You need to embrace your whole self, own your story, take the good with the bad in order to have a meaningful life. Hindi mo pwedeng piliin lang, kelangan mahalín mo lahat lahat about yourself including your past mistakes and poor decisions.

Why? Simply because it made you who you are today. It is all part of your life, kasama yan sa journey mo. When we say *tanggapin mo yung buong ikaw*, it doesn't mean hindi mo iko-correct yung mali o hindi mo i-improve ang sarili mo. Huwag magbulag-bulagan sa mga dapat itama.

Ang ibig sabihin nito, you continue to strive to be a better version of yourself pero while you're not there (yet), you also enjoy the process. Don't punish yourself. Be patient with your progress. *Tanggapin kung nasaan ka sa buhay mo ngayon pero do your best to be better than yesterday.*

When you're authentic, you can make sense of what life throws at you. Eventually, it leads you to find meaning and purpose again, because you get to *do things that truly give you peace and joy.*

## WHAT HINDERS AUTHENTICITY

Ngayon, alam na natin na mahalaga ang self-authenticity at may mga benefits talaga ito sa buhay natin, kaya let us identify kung ano ano naman ang mga bagay na humahadlang at nakakapigil dito.

 **You care too much.** Masyado kang conscious sa sasabihin, comments, suggestions, violent reactions ng mga tao sa paligid mo. You care about what others think of you. You care about how other people would perceive you. You care about your image a lot. You care about what your friends would think. You care about your relatives' point of view. You care about disappointing others. You care about people who don't care about you!

Ang daming care?! Ang dami nating pake. Ang dami nating time para isipin lahat yan. If that's the case, you will never be true to yourself because you will have to consult everybody whenever you are about to make decisions.

Kung iisipin lagi natin ang sasabihin ng iba, hindi natin magagawa ang mga pangarap natin at yung mga tunay na magbibigay sa atin ng saya at kapayapaan because we're busy caring about the image that we did not even create for ourselves.



**You're a pleaser.** Hindi ko alam kung anong unmet needs ang meron ka in the past pero I'm pretty sure kung pleaser ka, one factor could be- you wanted to be loved, appreciated and needed, but sadly, unfortunately, pwedeng hindi na-meet ang need na ito kaya naging unresolved issue which probably made you want to please everybody.

Pwede rin naman na ayaw mong masaktan ang mga tao o kaya sobrang helpful mo kaya hindi ka maka-hindi. O baka naman sobrang maawain. Kahit ano pa man ang dahilan, if it will lead you to live a life pleasing everybody, it means you will never live an authentic life.

Ang totoo niyan, hindi talaga lahat ng requests o invitations ay mapapaunlakan natin. Hindi lahat ng kelangan ng tulong natin ay kaya nating matulungan dahil tao tayo hindi tayo avengers. You have limited time and energy, so kung mapapagod ka lang din, doon na sa masaya ka at payapa ang isip mo.

*When you're a pleaser, it's so easy to lose yourself in the process of making others happy.*



**Media's twisted games.** We live in the age of social media and technology; in fact, we've been considering living in Mars for quite some time now. Along with this development, is a price we all have to pay at one point in our life.

Why? Because it's getting harder to live an authentic life when you have information and advertisements 24/7 telling you you'll never be enough. You need to buy this; you need to have this. Our insecurities are fed day by day.

Kaya importante din na alam mo paano mag-filter ng information, fake news, at kung ano lang yung dapat mong tanggapin sa buhay mo. Isang malaking hadlang ang negatibong kultura ng social media these days para maging totoo ka sa sarili mo.

Aside from feeding people's insecurities, our screen time is crazy because it takes us away from what truly matters in life--which is

living authentically. Spending time with the people we love and value, doing things we enjoy and pursuing whatever gives us peace.



**Lack of self-awareness.** Isa sa mga kalaban talaga ng self-authenticity ay yung hindi mo kilala ang sarili mo. Hindi mo alam ano bang mahalaga sayo, anong gusto mong gawin- lack of self-awareness.

They key is to get to know yourself, get in touch with your mind and feelings. Alamin mo anong favorite color mo. Ano yung mga bagay na nakakapagpasaya sayo. Anong skills, talents at traits ang meron ka. Baka mamaya, mas kilala mo pa ang Kardashians kaysa sa sarili mo.

You owe it to yourself to discover your God-given talents and use it to help others too [that in all things, God may be glorified.]

 **Lack of self-love.** Mahirap maging totoo sa sarili mo if you don't like or love yourself. Kung ikaw mismo hindi ka naniniwala sa sarili mo at sa kaya mong gawin, paano mo gugustuhin na ma-achieve ang authentic living? If you think it's miserable to be 'you' and you'd rather be someone else, then hindi talaga natin made-develop ang self-authenticity.

Again, maaaring may mga pinagmulan ito kagaya ng rejection, unmet needs, unresolved issues at marami pang iba, so kailangan we deal with those issues para makarating tayo sa place ng buhay natin na mahal na natin at tanggap ang ating sarili.

*In a world where you can be anything, choose to be yourself.*

# GUIDE TO SELF-AUTHENTICITY

Now, probably the big question is, how to be true to yourself? Anong dapat gawin? Paano ito ma-achieve? I will share with you some steps to learn self-authenticity (pwede mong dagdagan kung gusto mo).

- ☾ **Explore your values.** Knowing and living our values help us live more authentically. Ask yourself these questions: What do you value? What matters to you? What are the negotiables and non-negotiables for you? Do you value time, respect, or individuality?

Para siyang checklist kung anong mahalaga na nasa buhay mo. Kung anong klase ng tao o kaibigan ang gusto mong i-keep, anong uri ng trabaho o activities yung na-eeenjoy mo at gusto mong gawin.

- ☾ **Face your fears.** We often hear this from people, kung minsan kung sino pa yung pinaka duwag na kilala mo, yun pa ang mag

a-advise sayo ng ganyan. Mapapa 'Wow! Coming from you ha' ka na lang.

What does it mean to face your fear though? Ang tao madaling maging komportable sa mga bagay na familiar sa kanila, habang yung mga bagay na unfamiliar, unknown, uncertain-yan yung madalas na katakutan.

Bilang tao, kung minsan, hindi tayo familiar sa sarili nating unresolved issues (fear, rejection, failure, sadness, anger, etc.) Kaya natatakot tayong alamin, pag-usapan at harapin ang mga ito. But this is an important thing to do in order to integrate these experiences sa ating buhay.

Minsan takot din tayo sa judgment, criticism, and rejection kaya instead of becoming your true self, you just conform, nagiging adaptive ka na lang according sa sinasabi or gusto ng iba.

Huwag nating takasan ang mga takot na ito, slowly, according to your readiness and

timeline, harapin mo isa isa para matulungan mo yung sarili mo na maintindihan, matanggap at mahalín yung buong ikaw.

☾ **Let go of what doesn't contribute to growth.** Isa sa mga bagay na mahirap gawin ay yung mag let go. Kahit ilang taon na yung damit mong butas butas, yun at yun pa rin ang isusuot mo at ayaw na ayaw mo pa ring itapon.

Napakarami mong number of friends sa social media, pero sa totoo lang, 2% lang doon ang kilala mo personally, pero hindi mo pa rin sila ina-unfriend.

You probably have friends na iniisip mo kung kaibigan mo ba talaga. Kasi parang they don't see your value, nilalaglag ka nila, wala kang natututunan sa kanila and nandiyan lang sila kapag may kailangan. The question is, why are you staying?

Probably because you don't know when to let go. So, I'll help you think about it, if people are not contributing to your growth and all they do is make you feel insignificant, unimportant and taken for granted- kung lahat yan [and more] ay check, ligwak mo na sila sa buhay mo. Cut them off. Periodttt!

Same goes with your habits, beliefs, relationships- that are not contributing to help you become better. If these things are not allowing you to grow, Let. It. Go.

☾ **Make telling the truth a habit.** Gawin nating habit (part ng buhay, ginagawa araw araw) ang pagiging totoo at pagsasabi ng totoo. Mas madaling sabihin ang totoo kaysa sa hindi totoo. Kasi when you lie, kahit gaano ka-simple, kailangan mong i-sustain yun, so you will create more lies. Hanggang sa hindi mo na alam kung anong totoo at hindi totoo.

At sa mga ganitong pagkakataon, ang una mong niloloko ay ang sarili mo. So paano pa ang authentic living kung hindi natin kayang sabihin ang totoo sa lahat ng oras at pagkakataon?

- ☾ **Make decisions consciously.** Madalas, yung mga decision na ura-urada, basta basta at hindi pinagisipan ay pinagsisihan natin. Like buying things you don't need. Anong gagawin mo sa buy 1 take 1 na vacuum? Isa lang naman ang purpose nyan?

The more mindful you are in making decisions, mas nakikilala mo ang sarili mo at napa-practice mo ang self-authenticity. Because you learn to say no sa mga bagay na hindi mo talaga gusto.

- ☾ **Find your life purpose.** What are you living for? What is your 'why' behind what you do? If you remember the commercial that once said, 'para kanino ka bumabangon araw araw?'. Ito yung mga importanteng

tanong para malaman natin kung may purpose ba tayo. Intentional ba tayo sa ating buhay?

This is part of your authentic living, kapag alam mo yung dahilan bakit ka nandito, para saan at ano ang greater cause ng iyong buhay. Kung hindi mo pa alam, okay lang yan. Hang in there. Hopefully, makatulong ang librong ito in finding your purpose.



## ACTIVITY: SELF-AWARENESS

Encircle all the traits that best describe you.

Approachable	Patient	Kind	Funny
Cheerful	Responsible	Confident	Creative
Determined	Flexible	Honest	Friendly
Imaginative	Insightful	Open-minded	Punctual
Relaxed	Quiet	Resourceful	Considerate
Motivated	Easygoing	Loyal	Organized
Playful	Artistic	Hopeful	Respectful
Polite	Cooperative	Helpful	Generous
Prayerful	Understanding	Humble	Sweet
Thankful	Thoughtful	Trustworthy	Fair
Adventurous	Witty	Humorous	Gentle

## ACTIVITY: EXPLORING VALUES

<b>MY MOTHER'S VALUES:</b>	<b>MY FATHER'S VALUES:</b>
1.	1.
2.	2.
3.	3.
<b>THE VALUES OF A PERSON I RESPECT:</b>	<b>SOCIETY'S VALUES:</b>
1.	1.
2.	2.
3.	3.
<b>THE VALUES I WOULD LIKE TO LIVE BY:</b>	<b>THE VALUES I ACTUALLY LIVE BY:</b>
1.	1.
2.	2.
3.	3.

## CHAPTER IV: SAYING 'NO' IS A SUPERPOWER

We don't like it when people say no to us, and sometimes ito yung dahilan natin kung bakit hindi rin tayo marunong tumanggi. There are different reasons why we can't say 'no'. Try to check kung applicable sayo ang mga dahilan na ito.

- ✓ Nahihiyang tumanggi
- ✓ Ayaw maka-offend
- ✓ Natatakot sa sasabihin ng iba
- ✓ May pagka-pleaser ka
- ✓ Ayaw mo rin ma-reject
- ✓ Nakasanayan mo na
- ✓ Maawain ka
- ✓ Yes person ka
- ✓ May utang na loob
- ✓ May utang ka sa kanya
- ✓ Crush mo siya

Saying no is sometimes hard to do for different reasons. But it's important to learn and practice it. Kailangan natin maintindihan kung bakit importante na marunong din tayong humindi, tumanggi, mag turn down at mag NO paminsan minsan.



## **Saying ‘no’ means we are setting**

**boundaries.** Kung minsan ang mga tao nakakalimutan na kung hanggang saan lang dapat sila, kung ano lang ang mga bagay na pwede nilang itanong o i-discuss sayo, kung ano yung mga pwede at hindi pwede na jokes and requests.

Nakakita na ba kayo nung mga tipo ng tao na pag bumisita sa bahay ninyo, akala mo sila ang may ari ng lupang tinitirikan ng bahay? Dere-derecho, mag-bubukas ng fridge, kakain, makikinoon na walang pasintabi, wala man lang paalam kung okay lang bang dumalaw? Nalito ka na tuloy kung nasa ibang bahay ka ba kasi ikaw ang naging bisita sa sarili mong tahanan.

Kung minsan naman ito yung mga groupmates mong free loader, walang ginawa kung hindi mag sabing busy sila, may family gathering o may kamag-anak na namatay. Every week na lang may emergency. Yung totoo? Hanggang sa naging

individual work na lang ang supposedly ay group effort.

Minsan sa trabaho, oo tayo ng oo kahit bigat na bigat na tayo. Kahit kailangan natin ng tulong or hindi na talaga kayang gawin, hindi maka-hindi. Dahil sa kaka 'oo' mo, yung mga tao sa paligid mo ang tingin sayo may 30 hours a day at Jack of all trades ka, kaya tambak ng tambak at pasa ng pasa ng trabaho sayo.

Wala ng boundaries. They have crossed the line. Sa mga ganyang pagkakataon, you need to say no. Why do they keep crossing the line? Because we are allowing them to do so. That's why, please, for your own sake, learn to say no.

 **Saying 'no' means you demand respect.** Kaya maraming abused, harassed and bullied ay dahil hindi tayo masyadong tinuruan na magsabi ng NO. In fact, sa kultura natin, pinupuri ang mga katangian na

laging yes lang ng yes, kahit hindi kaya, yes. Kahit mali na, okay lang. Kahit below the belt na, tahimik na lang. Why? Bakit natin ito hinahayaan?

It's about time you speak up. It's about time to say NO to the things that you don't want in your life. *Why do we have to say yes when we want to say no?*

Whenever we say no, we are asking people to kindly respect our decisions, choices, time and individuality.



**Saying 'no' means you value your time and space.** We have limited time and energy so it's just right to use it wisely. Kapag tumatanggi ka sa OTY (Over time, Thank You) or kahit paid pa yan, to spend quality time with the people you love, that is an act of self-care. So hindi yan masama.

Say no to people, situation or environment that take away your personal time and

space. Whether you'd like to spend it alone or be with other people, or do something you love. Remember that it is your time and they can't take it away from you without your consent.

I don't know with you, but personal space is something that I value. It's your private space in your life where you kind of process your situation, thoughts and feelings. I think everybody should be given that space to think, heal, breathe, to come to terms with life at their own pace.

So, if there are people in your life who kind of invade that space, learn to say no. If they are comparing, invalidating, forcing, pressuring, intimidating you to do something that you're not ready to do, we need to turn them down or walk away from that situation.



## **Saying ‘no’ means you love yourself.**

When you’re doing your best to set limitations and boundaries to live a peaceful and balanced life, that means you love yourself. Kapag mahal mo ang sarili mo, madali na rin mag mahal ng iba.

To love yourself means saying no to things that are toxic and hinder your growth. It means walking away from relationships, situations, environment that hinder you from being the best version of yourself.

Contrary sa sinasabi ng iba na selfish daw ang self-love, hindi tayo maaaring mag mahal ng higit pa sa pagmamahal na meron tayo para sa ating sarili dahil ang maibibigay lang din natin sa iba ay yung meron tayo. We can only give what we have.

Even in the bible it says, ‘love others AS YOU LOVE YOURSELF.’ So equal, diba? Kapag mahal mo ang sarili mo, yan din ang pagmamahal na ibibigay mo sa mga tao sa

paligid mo at kahit sa mga bagay na ginagawa mo.

You might say, well I love my children or my husband or anyone in particular more than myself. I would say, it's only God who should come first because He is the Author of love after all and He sustains our love tank, then yourself and others.

Yes, pwede mong subukan na mas mahalín ang iba kaysa sa sarili mo pero limited time lang yan. Mapapagod ka, you might become resentful to them and mauubos ka when you always put others first.

If you don't love and take care of yourself, then you might be giving an exhausted, tired, bitter, burnt out version of yourself to the people around you and that's really, really sad.



**Your thoughts:**

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## ACTIVITY: LEARNING TO SAY NO

I SHOULD START SAYING NO TO THE FOLLOWING SITUATIONS:







## **PART II: DEALING WITH THE UNSTABLE WORLD**

## CHAPTER I: LIFE'S UNCERTAINTY

We live in a world where there's no permanency, everything is temporary, at least for our physical being. We have been experiencing a lot of stressors, different kinds of suffering and threats to humanity.

Lahat sa mundo nagbabago, nawawala, natatapos. Ngayon okay ang lahat, bukas, hindi mo alam. Ngayon mahal ka niya, sa susunod na taon may mahal na siyang iba. Wala tayong kasiguruhan --at bilang tao, ito kung minsan ang nagiging dahilan kung bakit tayo nag-aalala o natatakot.

Living, by itself is already difficult, but with life's great unknown and uncertainty, it makes it even harder to cope. Ang sabi ng research, kapag ang isang tao ay nakakaranas ng job uncertainty, ibig sabihin hindi niya alam kung hanggang kailan na lang siya may trabaho, mas nakaka apekto daw yun sa health niya kaysa sa mismong pagka-wala ng trabaho.

Ang isip natin, gusto nyan may certainty, gusto niyan may control kaya nga tayo nagpa-plano, nagco-consult sa doktor, nakikinig sa mga financial advisor

dahil gusto natin na matulungan tayo kahit papaano na magkaroon ng sense of certainty and stability sa future. Aside from planning and working hard, what else can we do to cope with life's uncertainty?

- ☾ **Acceptance.** Kailangan nating tanggapin na ang mundong ginagalawan natin ay temporary lamang, kasama na dyan ang sad endings at mga pagbabago. Acknowledge the fact that we cannot control everything. We can try to prevent bad things to happen but it doesn't mean, nothing bad will ever happen. Acceptance will help you see the reality of the situation you're in.

There's no point fighting it. It is something that is out of your control. Ganun lang talaga. It all ends, unfortunately. Once may acceptance ka na, ang nagiging focus mo na ay yung mga bagay na present sa buhay mo. Mga bagay na meron kang pwedeng gawin or within your control which leads to my next point.

- ☾ **Be present.** Pay attention to your life, to your relationships, to what you value and what matters to you. Recognize, appreciate what you have, seize the moment because tomorrow isn't promised. We only have today, so live each day as if it's the last.

Kailan mo huling na-enjoy ang kape mo? Kapag nasa byahe ka or naglalakad somewhere, do you take time to see the beauty of the things around you? Do you enjoy the company of your family and friends? Kailan ka huling naging one hundred percent present and paying attention?

Kung minsan nagzo-zone out tayo, we don't pay attention, kaya tuloy imbis na toyo ang nilagay mo, suka pala ang nabuhos mo sa niluluto mo. O kaya kung ano pa yung kabilin bilinan na bilhin mo sa grocery, yun pa ang nakalimutan mo.

Naalala ko tuloy yung youngest sister ko, pre-school pa lang siya noon, sinabi ko yung

oras at petsa ng field trip niya sa mama ko, pero hindi pala naintindihan. Ang kawawang bata, hindi naiwan sa field trip, mas maaga siya ng isang araw.

☾ **Find meaning in the chaos.** Ang sabi ng mga Social Psychologists tungkol sa meaning of life, ito daw ay “intellectual and emotional assessment to which we feel our lives have *purpose, value, and impact.*”

It's important to find your purpose, value, and impact in order to make sense of life's uncertainty. Nagbibigay kahulugan sa ating buhay kapag alam natin kung ano ang purpose kung bakit tayo nandito at ginagawa ang mga bagay na ginagawa natin.

We spark hope in an unstable world when we know that we positively contribute to society or community. Kapag may naiaambag ka, naitutulong at nagagawa kahit na maliit na bagay at pamamaraan lang, you find meaning.

Ito pala dapat ang focus natin, imbis na isipin natin ng isipin kung bakit uncertain ang buhay, dapat pala we make the most of our time to contribute, do something and find meaning in what we do.

Kung hindi ka sure kung alam mo na nga ba ang purpose or meaning ng life, start by volunteering, helping out, doing something for others. Try to do something with what you have and where you are right now.

It doesn't need to be grand. Simple gestures will do. Many times, iniisip natin, one day I will do such and such, I will become better and help the poor, pag yumaman ako etc. etc. But you know what? What if that day never comes? Kung ano yung pinagkatiwala sayo ng Diyos no matter how small, kung hindi ka faithful dyan, what makes you think you'll be able to do grand or bigger things?

So start where you are with what you have.  
Eventually, 'meaning' will come knocking on  
your door.

## CHAPTER II: FAILURE

In a highly competitive and achievement-driven society, failure is often perceived as one of the worst things anyone can experience in their lifetime. Halos lahat ng tao takot sa failure at hindi alam paano ito i-handle.

In fact, most parents don't even discuss it with their kids. They are focused on helping them become the best and excel in everything they do—nothing wrong with that. But, I suggest, we teach them not just to become successful but equip and prepare them when failure comes.

Kung minsan, hindi natin alam paano i-handle ang failure kasi hindi naman natin goal mag fail, di ba? Pero kahit hindi siya kasama sa plano mo, part talaga ng buhay ang failure. It exists. It happens—sa maraming aspeto ng buhay, hindi lamang sa pag-aaral, investments, negosyo o career. Failure happens sa relationships, sa mga plans, sa mga expectations and dreams na meron tayo.

Medyo may imbalance ang mundo kasi ang gusto lang i-promote at pag-usapan ay success, winnings,

victories, kaya tuloy when we fail, we're embarrassed, we question ourselves, we doubt our abilities, we become hopeless and we label ourselves as 'failures'.

Is there a way to learn from failure? Is there something good out of it? Maybe we should look at it differently. Maybe there's a better perspective. Let's consider the following points.

♥ **Failure teaches humility.** *"There are many people out there who accomplish a little and decide that they are an expert. Humility is knowing what you don't know."*

This is according to Mark Manson.

Failure makes you acknowledge your mistakes, weakness and what you don't know. It makes you humble. It keeps your feet on the ground. Naisip mo na hindi naman talaga lahat ay alam mo and there's still a lot to learn.

It reminds you to recognize what you need to improve about yourself or what you do. Nakikita mo rin na hindi ka mas magaling o mas mataas sa iba.

♥ **Failure helps you seek counsel and learn from others.** It also makes you realize na kailangan mo din ang ibang tao. Na hindi ka self-sufficient. Therefore, it encourages you to seek help when you need to. To connect and learn from other people.

Kung minsan kapag feeling mo magaling ka na sa isang bagay, parang hindi mo na kailangan ang kapwa mo. Parang hindi mo na kailangan ng tulong, but failure reminds you na unstable ang mundo, one day kakailanganin mo rin ang tulong at wisdom ng iba and vice versa.

♥ **Failure will never stop your determination.** Just because you try and fail doesn't mean it's the end of the world. Ang tunay na determinado, hindi agad bumibigay o umaayaw. You try again until you get to the place where you want to be.

♥ **Failures always come before success.** History would tell you that the world's greatest inventions did not succeed during the first few attempts. They all stumbled, fell and failed. They chose to pick up the pieces, stand back up again and try one more time, probably failed again but they did not stop trying until they succeeded.

Parang yung mga bida sa movies, puro failures at pang-aapi muna tapos sa dulo, nasa kanila ang huling halakhak. Ganon.

♥ **Failure teaches flexibility.** Kapag hindi nag work according to plan A, marami pang letters sa alphabet na pwede mong i-try. It

keeps us open to adaptability, yung kakayanan mong mag adjust.

Nakakapag timpla ka nga ng 3in1 ng walang kutsarita o stirrer. Naiintindihan mo yung movie/tv series na walang English subtitle or walang sound. Ibig sabihin kaya mong mag adjust. Ang failure, hinahasa pa lalo ang kakayanan mong maging flexible.

♥ **Failure leads to opportunity and self-discovery.** Kung minsan dahil sa failure natin natututunan natin ang mga bagay na hindi natin alamgawin o kaya may bago kang nadi-discover sa sarili mo. Halimbawa na lang, nitong pandemic, maraming nawalan ng trabaho, kung isa ka sa kanila, you probably learned a new skill dahil wala kang choice, in order to survive, kailangan mong matuto ng ibang trabaho.

Kung dati ka sa opisina, ngayon nag negosyo ka, nag luto, nag tinda tinda ng iba't ibang produkto. Hindi mo inakala na may tyaga ka

pala to do it or may talent at skill ka pala bukod sa mga ginagawa mo sa opisina. Nagkaroon ng opportunity and self-discovery when you failed to keep a job/profession.

- ♥ **Failure gives you a starting point to move on.** Para siyang period sa bawat sentence, kapag tapos na, magsisimula ka ulit. Once you've failed, you have a new chapter ahead of you, a new page to unfold your story. Ibig sabihin, hindi dulo ang failure, new beginning siya. When you close a chapter in your life, it leads you to begin a new one.

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**FALL SEVEN TIMES,  
STAND UP EIGHT.**

JAPANESE PROVERB

”

Your thoughts:

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## ACTIVITY

### DEALING WITH FAILURE

What failure have you experienced in the past?

What did you discover about yourself after that experience?

What insights/lessons did you gain from the experience?

## CHAPTER III: LIFE SUCKS (SOMETIMES)

***“While there is something to be said for “staying on the sunny side of life,” the truth is, sometimes life sucks, and the healthiest thing you can do is admit it.”***

Life is not always great. There’s something about blind optimism that gives false hope to people especially during hard times. Paano nga ba natin dapat i-comfort ang mga tao na dumadaan sa problema o dark moments sa kanilang buhay?

People would sometimes tell you, stay positive, *‘be optimistic, kaya mo yan!’ ‘Wag kang nega. Stop overthinking’*. If it’s that easy, we won’t be having this conversation. A lot of times, imbis na mag-bigay tayo ng comfort sa nasasaktan, ay lalo pa silang nagkakasugat dahil sa mga pinagsasabi natin.

Kagaya ng title ng librong ito, we want to learn how to create or provide a safe space for ourselves and others too. So, alamin natin kung ano ang dapat at hindi dapat sabihin o gawin kapag may pinagdadaanan ang isang tao.

1. **DON'T FORCE THEM TO STAY POSITIVE ALL THE TIME.** Kapag ginawa natin ito, nagiging false ang optimism at hope nila. Ibig sabihin, nade-deny ang thoughts and emotions ng isang tao at hindi sila dumadaan sa healing process kasi pinatalon mo na sila agad sa positive LANG.

It's okay to think positively, pero it becomes unhealthy when you don't recognize the negative emotions because they remain unprocessed or unresolved.

Halimbawa namatayan, huwag na huwag mong sasabihing “okay lang yan”, or “wag ka nang malungkot o umiyak” --kasi hindi okay yun. Hayaan mo siyang pagdaanan ang grief. Sabihin mo na lang na nandyan ka para sa kanya, kapag kailangan niya ng kausap o kasama.

2. **DON'T TRIVIALIZE THEIR PAIN.** Kung minsan in order to comfort someone, sinasabi natin sa kanila na may mas malala pa sa

sitwasyon o problema nila. Pero someone who is in so much pain can never put themselves in the shoes of others. All they know is their pain and that it hurts.

Imagine, nasa ospital ka, sa emergency room tapos masakit na masakit yung ulo mo then a nurse would come and tell you, “okay lang yan, meron ngang pasyente sa kabilang room nagsusuka pa ng dugo, mas in pain pa kaysa sayo.”

With all due respect doon sa pasyenteng yon, pero aminin mo diba hindi nakatulong yung comment nung nurse? Na-comfort ka ba to hear that someone else is suffering? Nang higit sa suffering mo?

Hindi nakakatulong at all ang mga ganitong comments. Imbis na comfort, gusto kang buntalin nung tao na kino-comfort mo kasi in pain na nga siya tapos insensitive ka pa.

3. **NEVER DISMISS THEIR THOUGHTS OR FEELINGS.** Kung minsan ang paboritong gawin ng mga tao when they don't know what to say to someone in pain or suffering? Either they change the topic or crack corny, insensitive and inappropriate jokes.

Minsan hindi natin alam ang sasabihin, I get it. Pero, sa mga ganyang pagkakataon at least, wag ka rin mag joke ng kung ano ano or don't completely ignore yung sinasabi ng tao, kahit man lang makinig ka. Make them feel heard. Tapos keep quiet. In fact, we can tell them, 'alam mo sa totoo lang, hindi ko alam paano ka i-comfort or how to make you feel better, pero nandito lang ako handang makinig sayo.' Or 'I am praying for you'.

Simple lang diba? Kapag hindi ka sigurado, keep quiet and just be there for those who are suffering. Yung presence mo minsan, sapat na.

4. **DON'T MAKE IT ABOUT YOU.** Another mistake that we do whenever we try to console someone is making it about us. *“Feeling mo ba malala na yang nangyari sayo? Ako nga eh...”*

*“Alam mo, na-experience ko din yan. Ganito yung nangyare sa akin...”*

*“Kami nga noong araw”*

Everyone is different, kaya kahit feeling mo pareho kayo ng sitwasyon, magkaiba parin kasi magkaibang tao kayo. Yung mga daliri nga natin iba iba, pati identical twins magkaiba. You are your own person. Ganoon din yung iba. Kaya kapag meron silang problema, hayaan mo silang mag proseso at mag heal in their own terms and pace.

Para kasing sinasabi natin na mas magaling o mas matatag tayo kaysa sa kanila kapag ginagawa nating sample ang mga

experiences natin. Syempre what applies to you may not apply to other people.

5. **DON'T OFFER UNSOLICITED ADVICE.**

Kapag hindi naman humihingi ng payo, 'wag tayong masyadong generous sa pagbibigay ng advice. Minsan kasi bida bida tayo sa sitwasyon ng iba, magaling tayo mag advise pero kapag tayo na yung nasa sitwasyon, hindi rin natin ginagawa ang advice natin.

Hindi naman ito pagalingan sa pagbibigay ng advice. Minsan ang comfort, kahit wala kang sinasabi, nandyan ka lang nakikinig, sinasamahan mo sila sa pinagdadaan nila, malaking tulong na yun.

Ngayon kung gusto nila ng advice mo or hindi ka talaga mapigilan, pwede ka naman mag suggest, pero 'wag ka din ma-o-offend kapag hindi sinunod ang advice mo. Hindi naman kailangang sundin lagi ang advice natin, remember, don't make it about you.

## CHAPTER IV: TIRED OF LOVE

Before you skip this part, I'd like to say na hindi bitter ang part na ito. We will talk about the signs of a toxic relationship and how to deal with it. Pag-uusapan na rin natin ang mga maaaring dahilan kung bakit mahirap para sa ibang tao na umalis sa ganitong klaseng relationships.

Ang buhay ay punong puno ng relationship-- sa family, friends, workplace, and significant other. Kung minsan hindi naman nag start na toxic agad ang ating relationships, pero bigla na lang (or dahan dahan) nagbago at naging unhealthy. Pwede rin naman na simula pa lang, toxic na, kaya aminin na lang natin kung ganon.

Siguro at one point in your life nagkaroon ka din ng toxic relationship or may kakilala ka na nakakaranas nito, pero hindi na ito bago sa atin. Sometimes, it's no longer healthy and some relationships are beyond repair, but sometimes, there are things that we can do to make it better.

## SIGNS OF A TOXIC RELATIONSHIP:

- ♥ ***Lack of communication.*** Communication is an essential tool to have a healthy relationship pero kung yung kasing basic nito ay wala kayo, mahirap magkaintindihan. Kasi dapat lahat ng bagay sa relationship ninyo ay pwede ninyong pag-usapan (nang hindi nagkakasakitan).

Meron kasing nag-uusap nga pero bugbugan ang ending, 'di ba? Hindi ganon, Mars. So what makes it toxic? Imagine, kung walang maayos na pag-uusap, paano ninyo masolve ang mga problema at issues along the way? Kung bawal mag-usap, sooner or later, hindi na kayo magpapansinan hanggang sa hindi na kayo magkakilala. Hindi mo na alam anong pinapanood niya sa netflix, kung sinong kasama niyang umalis or kung nagbayad na ba sya ng kuryente.

Kung hindi na kayo nag-uusap, baka hindi niyo na na-e-enjoy ang company ng isa't isa. Paano ka sasaya sa isang relasyon na hindi

mo gustong kausap yung kasama mo, o kaya, ikaw yung ayaw niyang kausap?

Ito yung tipo ng relationship na kapag may problema ay hindi pinag-uusapan. Naiipon lang lahat ng sakit at pagdaramdam. Mabuti sana kung pwede yan isanla o kaya pwedeng ilagay sa bangko, kaso hindi eh. In fact, that is super unhealthy, yang mga pag-iipon ng galit at sama ng loob.

Hindi ka man lang i-text o tawagan paminsan-minsan. O kaya ito yung mga tao na after mag reply, parang tinapon na sa dagat yung cellphone kasi hindi mo na ma-contact, wala man lang *'matutulog na ko, good night'* o kaya *'hindi ako makaka-text, busy pa sa trabaho'*—yung mga ganon?

Ilang oras na lumipas, wala man lang paramdam within the day, ni hindi mo alam kung nagising pa ba siya nung umaga. Tell your partner (or people you love) your whereabouts. Huwag mo silang gawing manghuhula at huwag mo din silang patayin

sa pag-aalala. With the technology that we have, we are all capable of sending messages, kahit nasaang part ka pa ng mundo. Baka naman?

Kaya niyo pa ba? Ito pa, ito yung tipo na nag reply nga, pero walang ka-kwenta kwenta yung mga sagot. Yung parang gusto mong itanong kung puro “K” lang ba ang letter sa screen niya. Kasi sa nobelang sinulat mo sa screen mo, ‘k’ lang ang kaya niyang isagot. Minsan naman may A, H, G din like: ‘Ah’ ‘G.’ or ‘HAHAHA’. Mapapa ‘Hay! Diyos ko, dai!’ ka na lang.

Kulang na kulang din ang ganitong relationship sa verbal expression ng pagmamahal or appreciation. Hirap na hirap mag ‘sorry’, mag ‘thank you’, at mag sabi ng “I love you”. Mabuti pa yung mga bata nung ‘90s kung makapag “I love you, Jollibee”. Titingin muna sa mata ni Jollibee, tapos sasabihin yung “I love you”. Kaway-kaway sa mga bata noon na inabot pa ang commercial na ‘I love you, Sabado’. Siguro iniisip ninyo,

para yun lang, toxic na agad? Para yun lang pala, bakit di mo gawin? It sounds simple but in many relationships, walang ganyan, kaya nauwi sa unmet needs, later on, the relationship fails. Lalo na kung ang partner mo ay words of affirmation ang love language, hinahanap niya yung mga ganyang salita at mahalaga sa kanya ang communication.

♥ ***Dishonesty and/or cheating.*** It's obviously toxic kapag ang tao ay nagsisinungaling sayo kasi ibig sabihin noon, wala siyang respect sa nararamdaman mo, sayo bilang tao at sa relationship na meron kayo (kung meron man).

Questionable ang worth mo sa isang tao na paulit ulit kang niloloko at pinagsisinungalingan lalo na kung ang issue ay cheating- not once but countless times.

Yung dishonesty at cheating kasi nakaka apekto yan sa self-worth o self-esteem ng

isang tao. Pakiramdam mo hindi ka enough, pakiramdam mo, kapalit-palit ka, kaloko-loko ka, ganon.

Again, ang pinaguusapan natin dito ay yung repeated times na parang habit ng gawin, sinasadya na, intentional, hindi na mistake kung hindi choice na.

You probably heard the words “once a cheater, always/forever a cheater”. Hindi ko alam kung anong pinaglalaman ng nagsabi nyan pero para sa akin, kung nangyari once, pwedeng maulit pero pwede ring hindi na maulit, diba? I think, people deserve a second chance in life pero, pero, pero iba ibayan for everybody. Depende rin sa sitwasyon, ha. Pero dahil book ko ‘to, sinabi ko yung opinion ko. Let’s talk about that issue some other time. PM kayo sa safe space.

♥ ***Controlling behaviors.*** Parati ba niyang sinasabi sayo kung ano ang pwede at hindi pwedeng isuot na damit, pagkain o bagay na pwedeng bilhin, mga klase ng kaibigan na pwede mong samahan, anong oras uuwi, anong papanoorin mo, saang school o company ka dapat pumasok, anong oras matutulog, at marami pang iba? Then you might be with someone who's manipulative or probably abusive, too.

Nasabi ko na 'to sa previous chapters, na we should love someone in such a way that the other person FEELS FREE. Bakit? You're not a puppet or a baby. You can take care of yourself. You don't need another person parenting you lalo kung adult ka na.

Dito rin pumapasok yung nagiging inauthentic ka kasi the other person is trying to change you. Ito rin yung relationships na you become isolated. Biglang wala ka ng friends, kayo na lang lagi ang magkasama, yung siya na yung mundo mo.

This might feel good for quite some time pero kapag natauhan ka, na lahat ng choices and decisions mo ay controlled na niya or you made them *because* of them and *for* them, you are heading for a huge disaster.

- ♥ ***Patterns of disrespect.*** Would you really spend the rest of your life or a big chunk of your time with someone who doesn't have an ounce of respect for you? Kapag hindi nirerespeto ang oras mo, ang nararamdaman mo at ang mga opinion or idea mo, siguro dapat mag-isip isip kung tamang tao ba ang sinasamahan mo.

Kapag kasama natin ang ganitong tao, pakiramdam natin ang liit liit natin at kung minsan ay worthless ang tingin sa sarili kasi parang wala kang naco-contribute na tama, parang lahat ng sinasabi at ginagawa mo ay mali.

It means, your thoughts and feelings are always or most of the time dismissed and

downplayed; hindi pinapansin o pinapahalagahan.

- ♥ ***Constant fights.*** Meron namang healthy arguments or conflict pero kung araw-araw, oras-oras kayong nagbabangayan at nauubos ang mga plato niyo sa kusina sa tuwing may away kayo, iba na siguro yan.

Conflict and misunderstanding happen in any relationship because we are different from one another, kaya imposibleng magkasundo sa lahat ng bagay sa lahat ng oras at sa lahat ng pagkakataon. But when fights are becoming more and more frequent tapos sinasaktan ka physically, emotionally and psychologically—that’s not normal and should not be tolerated.

## HOW TO DEAL WITH TOXIC RELATIONSHIPS?

♥ ***Acceptance of responsibility.*** Do you realize that you are responsible for your thoughts, feelings, and choices? You are responsible for your life, basically. Meaning, kung dinadaan mo ang isang unhealthy na relationship, you have the responsibility to make a choice, kung dapat ka bang manatili o dapat kang umalis dito.

Accept that in any relationship, you can only do your part and be responsible for you. Kung naging unhealthy o toxic ang relationship, what is your part? How did you contribute? What are the things you need to change or improve about yourself?

It always takes two, so check if there's something that needed to be changed in you, too. Once you're able to do this and ganon pa rin, walang nagbabago sa relationships mo, you probably owe it to

yourself to walk away or distance yourself temporarily or even permanently.

♥ ***Manage your expectations.*** We all have certain expectations about many things in life including our relationships. Kaya importante to manage expectations. Ine-expect mo ba na lagi kang susuyuin at maiintindihan? Ine-expect mo ba na the other person will make you feel enough, complete and worthy? Ine-expect mo ba na hindi ka masasaktan sa relationship mo? Na laging masaya lang at walang problema? Na hindi siya magkakamali at hindi ka niya sasaktan o iiwan? Na lagi ka niyang ise-save from all the difficulties?

Kung check lahat ang expectations na yan, you might be subscribing too much to the fictional idea of love. Sa Disneyland lang meron niyan, sis. Yan kung minsan ang mali sa mga teleserye at movies- hindi makatotohanan. *Is it really love or the idea*

*of love that we want? Because real love is hardwork.*

Managing our expectations means, alam mo na ang taong ka-relasyon mo ay hindi perfect, may weakness, flesh and blood at may limitations. Just like you. Kapag inisip mo yan, magiging realistic ang expectations mo at mas magiging understanding ka sa mga mistakes ng tao sa paligid mo. I'm not saying tolerating mistakes, I'm saying, understanding- inalam mo muna ang dahilan at paliwanag tapos pinaguusapan ninyo kung paano maiiwasan at hindi na maulit ang mga pagkakamali. Kapag kasi tolerating, okay lang lahat, walang meaningful discussion at walang natututunan.

♥ ***Shift from blaming to understanding.***

I guess it's easier for most people to blame and find someone or something to blame rather than looking inside and realizing one's own mistakes and shortcomings.

Instead na manisi, bakit hindi tayo sumubok na umunawa? Tingnan natin yung problema objectively, kung saan nagmula at paano ayusin. Blaming, while it may feel good for a time, doesn't really solve anything. But when you try to understand, everything eventually makes sense, hindi man agad agad, pero it will, in time.

♥ ***Forgive and forget or Let go and Let God.*** Ang ibig sabihin nito, if you choose to stay in an unhealthy relationship because you feel like it still can be fixed, then you gotta go a hundred percent towards forgiving and not remembering the past mistakes. Kung minsan kasi, we stay, pero araw araw natin pinapaalala yung mga maling nagawa nung tao sa atin. Bakit ka pa nag stay when you could've just walked away? If you choose to be in that relationship, learn to forgive and try to forget while improving the relationship, syempre dapat ang end goal nyan is for the relationship to get better.

This is not applicable to abusive relationships, kung buhay mo na ang nakataya dyan, I urge you to go and walk away. *You don't deserve to be treated like trash*, you deserve better.

Now if you've reached the end of the line and you think it's time to let go and let God, then do it. Kung ginawa mo na lahat, pero ganun pa rin, maybe it's not you, it's them. Kaya lang, hindi natin pwedeng baguhin ang iba, so sa mga ganitong pagkakataon, ikaw muna, *piliin mo muna ang sarili mo*. Hindi masamang ipahinga ang napapagod na puso.

## **WHY IS IT HARD TO WALK AWAY FROM UNHEALTHY RELATIONSHIPS?**

Maraming pwedeng dahilan kung bakit kahit alam na natin na toxic or unhealthy ay sige pa rin tayo. Ang mga sumusunod ay ilan lamang sa maraming dahilan kung bakit nahihirapan ang isang tao na umalis sa ganitong klase ng relationships.

1. **Low self-worth.** Iniisip mo na yan ang deserve mo, either nakikita mong punishment sayo yan or naniniwala ka na you don't deserve better kasi worthless ang buhay mo. Probably dahil galing ka rin sa pamilya or lugar na walang pagpapahalaga sayo kaya naiisip mo na okay lang kahit paano ka i-treat ng ibang tao.

Minsan pwede rin na dahil wala tayong sapat na pagmamahal at paniniwala sa sarili kaya kahit na hindi mabuti ang ginagawa ng tao sa atin ay okay lang, tinitiiis na lang.

2. **Need to be loved and needed.** Maaari din na nanggagaling sa unmet needs and unresolved issues in the past. Baka nung bata ka hindi mo naramdaman ang unconditional love from parents or guardians dahil sa maraming dahilan, pwedeng lumaki kang walang magulang o pamilya o kaya nasa abroad sila o kaya adopted ka o kaya namatay sila ng maaga or

galing ka sa broken home, at marami pang iba. Kapag absent ang parents sa foundation years ng isang bata (first 10 years), madalas nagkakaroon ng issues dyan.

So kung may unmet needs kagaya ng love, kung minsan bilang adult nadadala natin ito, kaya naman kahit unhealthy ang relationship, some people choose to stay dahil gustong gusto nila maramdaman na kahit paano ay may nagmamahal at nangangailangan sa kanila.

Again, ang need na ito ay dapat ma-resolve ng isang tao on his or her own dahil hindi ito maibibigay ng iba. Ikaw mismo yan, kailangan mo i-process at integrate sa sarili mo. Dito ulit pumapasok ang need natin for mental health professional like Counselors and Psychologists to help us in the process or journey, kung hindi natin ma-resolve on our own.

3. **Fear of being alone.** Kung minsan ang mga tao mas gusto talaga may kasama, they'd rather be with people than their own company. Hindi kayang mag-isa, natatakot mag-isa. Some people stay in the wrong relationships because they think it's better than being alone.

Kung ang dahilan natin kaya tayo may kaibigan o asawa, anak, boyfriend/girlfriend ay dahil takot tayong mag-isa, hindi tamang dahilan yan. Hindi ba mas maganda na, you are in a relationship because you're ready to be an additional blessing to someone, not because you need them to complete you?

You might think: *'hindi ako masaya, I need to be with someone who can make me happy'*

*'Mag-aasawa o magkaka anak ako para makumpleto ako, para hindi ako mag-isa'*

Then, later on, it becomes:

*'Kaya nga ako nag-asawa at nag-anak para maging masaya and to feel complete, pero hindi pala, puro problema pala!'*

OOOPS, no return, no exchange.

I'm telling you, if you're not happy on your own, you will never be happy with other people or in any relationships. So, learn to love your own company, be comfortable with yourself and love yourself so you could genuinely love others.

- 4. You believe that you can change and save the person.** This is the most common reason as to why people stay in very bad relationships, they feel like they can change and save the other person. Mars, nag-iisa lang si Jesus Christ (mamaya pag-uusapan natin 'to). Hindi ka naman Messiah, hindi ka naman Savior, tao ka mars, tao ka!!

That being said, wala kang power or kakayanan na baguhin ang sino man sa

mundong ito. Sometimes, it's even hard to change ourselves, right? So what makes you think na kaya mong baguhin ang ibang tao?

Kahit na anong bait at paglilingkod mo sa isang tao, you cannot make them love you more or less, it's always their choice. Kaya kung ang dahilan ay para baguhin o i-save siya, kaya ka nag stay sa relationship, mapapagod ka lang kasi hindi posible yun.

We can always pray, inspire, teach, support and lead people to change but we can never make them change.

“

**“You cannot change the  
people around you, but  
you can change the  
people you choose to be  
around ”**

ANONYMOUS

”

Your thoughts:

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## **ACTIVITY: RELATIONSHIP GROWTH ACTIVITY**

INSTRUCTION: Think of someone or sit with them (spouse, significant other, close friend, family member, etc.) and assess your relationship by answering the ff:

<p><u><b>THE THINGS WE ENJOY DOING TOGETHER</b></u></p>
<p><u><b>WHAT WE LIKE ABOUT EACH OTHER</b></u></p>
<p><u><b>WHAT WE NEED TO IMPROVE IN THE RELATIONSHIP</b></u></p>
<p><u><b>OUR HOPES AND DREAMS</b></u></p>



## **PART III: THE HEART OF LIFE**

## CHAPTER I: MENTAL HEALTH MATTERS

With everything that's been happening in us and around us, you'd probably agree with me when I say that mental health matters. We should start taking care of our mental or psychological well-being. Kasi ito ang tutulong sa atin in terms of handling, managing and dealing with our concerns and difficulties. Not only that, taking care of our mental health allows us to be the best version of ourselves and live a meaningful life.

### WHAT IS MENTAL HEALTH?

*“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.”*

Malinaw naman from the technical definition kung ano ang ibig sabihin nito. Ang mental health daw ay state of mind natin including our thoughts, emotions, social activities, behavior. Ito rin ay nakakaapekto sa ating pag-de-desisyon, kung paano tayo makipagugnayan sa ibang tao at maging ang mga gawain natin sa buhay. Lahat ng tao ay mayroon nito, yun nga lang, kung minsan unhealthy or very poor mental health dahil hindi naaalagaan o napapahalagahan.

## HOW TO TAKE CARE OF YOUR MENTAL HEALTH?

Maraming paraan para maingatan ang ating pag-iisip at panatiliing healthy ito. Ang mga ibabahagi ko sa inyo ay ilan lamang sa maraming paraan na makakatulong para magkaroon ng healthy mind.

1. **Eat healthy, sleep well and keep moving.** Isa sa mga paraan to take care of your mind is to check kung ano ang activities mo araw araw including your lifestyle, your

diet and other physical activities. Kung madalas kang hindi kumain ng tamang pagkain to get the nutrients you need; it will affect you mentally. Kapag lagi kang puyat, you are more stressed, grumpy and exhausted.

I will not get into the details of how to take care of yourself physically, wala akong ire-recommend na diet because hirap din ako mag diet and it's different for everybody, but basically, *you need enough sleep, have a balanced meal daily and lots of water plus keep moving*, maglakad-lakad, mag jogging, mag bike. It's proven that physical activities improve or boost mood, according yan sa pag-aaral.

2. **Talk about your feelings.** It is therapeutic to talk to someone about your thoughts, feelings, situations, problems and life events. It makes you feel good, gumagaan ang pakiramdam mo. You might be thinking, *'bumibigat naman ang*

*pakiramdam nung napagkwentuhan ko'* – well, in some cases, it might be true but not always, lalo na kapag tamang tao yung napagsabihan mo. That's why it's important to surround yourself with people who love and support you.

*Many issues and problems in life are not talked about, that's why we suffer in silence.* We feel like we're alone in what we're going through but that's not true. In fact, ang pain ay universal. Lahat tayo ay nakakaranas na masaktan at malungkot.

Why talk about it? Because it will allow you to be in touch with your reality and with yourself. Kaya nga diba sabi nila kapag meron kang gustong mangyare, you need to declare or verbalize it? Because you start believing it's true and it could happen.

It's the same thing when we verbalize our feelings and thoughts, you're able to acknowledge kung anong nararamdaman at pinagdadaan mo, later on kaya mo ng

maunawaan, matanggap, ma-proseso ang mga bagay bagay.

3. **Take a break.** Parang paulit ulit ang mga araw? Nakakapagod na ang predictability ng buhay mo? Sobrang pagod ka na ba? Magpahinga ka muna. Rest, sleep, be away and take a break from it all. Hindi tayo nabuhay para lang mag trabaho or gawin ang mga ginagawa natin araw araw. Nandito rin tayo para mag enjoy, makapagpahinga, magkaroon ng time sa lahat ng bagay.

Kaya kung overwhelmed ka na sa routines mo, take a break. Hindi kailangan grand, kahit simpleng ways to take care of yourself, do it. Self-care ika nga. Watch a movie or tv series, kumain ka ng paborito mong samyang, matulog ka maghapon, learn something new, kahit ano (basta legal), to soothe your tired mind.

4. **Surround yourself with the right people.** Connect to friends/people who feed your growth, not your ego. Be with people who are willing to listen to you and want to contribute to your growth. Ito rin yung mga tao na itatama ka kapag mali ka. They will also lead you to hope and the right path kasi ang nasa isip nila ay best interest mo.

Kapag malungkot ka o may pinagdadaanan, connect with them kahit na tempting to isolate yourself. Why? Because sometimes we need other people to give us new and good perspectives sa ating mga problema. Usually kapag emotional ka or puro problema ang nasa isip mo, hindi ka nakakapag isip ng tama kaya kailangan mo ng makikinig sayo at the same time yung bibigyan ka ng tamang guidance at perspective.

5. **Faith.** Did you know that Spirituality and faith improve your mental health, in fact, your whole being? Sabi yan ng research. While science can explain tons of things, *faith helps us see beyond science and our own limitations.* You learn to trust that someone bigger than you is in control or has the power to help you with your difficulties.

So, try to incorporate prayer in your daily life, not just when you have a problem. Practice believing in God and trusting Him. Surround yourself with people who share the same faith because they could help you strengthen your belief or spiritual journey.

6. **Seek Professional help when you need to.** There's no shame in seeking help from mental health professionals including Psychiatrists, Psychologists, and Counselors. Mental health conditions may vary and in some cases, we need professionals to help us, and that's okay.

Kapag bumisita ka sa Dentist dahil masakit ang ngipin mo, hindi ka naman tinatanong kung bakit kailangan magpa-consult di ba? Meron bang nagsasabi na '*What?! Dentist!? Why tho?!*' pero bakit kapag sa mental health concerns, mas gusto natin pumunta sa albolaryo o manghuhula o mag browse kung anong sinasabi ng horoscope at zodiac sign?

It doesn't make you less of a person when you seek professional help with matters of the mind. Let's normalize seeking help from the mental health professionals. There is nothing wrong with you when you seek help. It means, you are strong enough and intelligent enough to know when to seek help in order to be the best that you can be for yourself and loved ones.



**Your thoughts:**

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## CHAPTER II: THE SCIENCE OF GRATITUDE

Gratitude is one of the basic things we learn in life at an early age, we are all capable of it, but sometimes, we forget to practice it. Sa totoo lang, hindi ka naman bumabangon ng Monday morning at nagtatanong, *'what am I grateful for today?'*. Kasi wala ka ng time mag tanong nyan sa sarili mo or pag gising mo pa lang, problema na agad ang naiisip mo; *'hay, Monday nanaman! Ano ba namang buhay 'to!'*. Ang kawawang Monday, walang nagmamahal sa kanya.

Being grateful or giving thanks is proven to improve general well-being, increase resilience, strengthen social relationships, and reduce stress and depression. *Kapag mas grateful ka, mas nagiging masaya ka at mas nag i-improve ang well-being mo bilang tao.*

How to deal with the unstable world? Be grateful. Start counting your blessings. Start with what you have and where you are. *Huwag mag focus sa paghahangad ng mga bagay na wala ka, kung anong meron ka learn to see it as a blessing.*

## WHY IS GRATITUDE IMPORTANT?

1. **It strengthens relationships.** Kapag madalas tayo mag 'thank you' at mag express ng pasasalamat o appreciation, mas napapalapit at mas tumitibay ang samahan. It improves relationships.

Subukan mo mag appreciate ng mahal mo sa buhay, sabihin mo sa kanya yung mga tama about them, hindi yung lagi ka na lang patama sa kanya.

Iparamdam mo din na talagang natutuwa ka sa mga ginagawa niya, sa mga effort nya, you will see that person's improvement and mas motivated siyang gawin ang tama. Kasi when you are appreciated, it makes you feel good, refreshed and inspired.

2. **You don't take things for granted.** Ayaw na ayaw natin yung feeling na taken for granted tayo, right? Kasi parang nababale-wala ang effort at sacrifices natin

(kung meron man). In fact, kapag ang isang tao na binigyan mo ng atensyon o suporta o pagmamahal, tapos hindi siya grateful, di ba parang nawawalan tayo ng gana na ulitin ang kabutihan na ginawa natin para sa kanila? Sa true lang. Gratitude helps us not to take people and things for granted.

Tinutulungan tayo nito na maging appreciative at i-value ang mga blessings sa buhay natin. Huwag sanang dumating yung panahon na na-appreciate lang natin ang isang tao o bagay nung nawala na sa buhay natin.

3. **It makes you feel good.** Being grateful makes you feel good and the other person, too! Masarap sa pakiramdam when people tell you ‘thank you’, ‘I appreciate you’. When my former students or clients would message me expressing gratitude, it makes me want to do what I do more. It fuels me. It inspires me. It makes me feel that what I do is relevant and helpful.

Kung minsan sa buhay sobrang down ka, but when people start telling you how much they appreciate you, lumalakas ka ulit, bumabangon ka ulit. You start picking up the pieces of your broken self and you try again. See? It gives people hope and comfort.

4. **It helps you get rid of negative feelings.** Kapag grateful ka, busy ka magpasalamat sa Diyos at sa ibang tao, halos wala ka ng time magreklamo or magmukmok. Kung nalulungkot ka, the moment you become grateful, nababawasan ang kalungkutan.

Gratitude helps us reframe our mind or thoughts. From the unpleasant or negative, it shifts to feeling good because you start counting your blessings and you realize that while there are problems, there are still things that we can be thankful for.

## HOW TO PRACTICE GRATITUDE?

1. **3 Things, 21 Days.** Try to list down or think of three things you are grateful for each day and do it for 21 days. So araw araw, you will observe your life and your day tapos no matter how small the blessing is, basta anything that you can be thankful for, list them down. Why 21 days? Because we want to practice until it becomes a habit.

The thing about gratitude is that, it can be learned. So, if you want to see the benefits of gratitude, then you should start making it part of your life.

2. **Gratitude Journal.** Keep a notebook where you could write the things you're grateful for. Write them down or you may draw or use stickers, it's up to you. Journaling and gratitude are both proven to be therapeutic so, doing both is a major win.

It's good to keep a journal so that when difficult days come, meron kang pwedeng balikan na mag-iinspire ulit sayo.

**3. Practice an attitude of Gratitude.**

Make it a lifestyle. Make it part of your everyday life. Say more of these: 'thank you', 'I appreciate your effort', 'I like your report', 'You're a blessing to me' 'Thank you for your help/assistance'. Huwag tayong madamot magbigay ng compliment o mag appreciate sa kapwa. Kung minsan, yung simpleng appreciation and gratitude natin sa kanila, save them from doing the wrong things or from believing the wrong things about themselves.

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**“Enjoy the little things, for one day you may look back and realize they were the big things.”**

Robert Brault

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**Your thoughts:**

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**ACTIVITY: GRATITUDE JOURNAL**

**I AM GRATEFUL FOR:**

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## CHAPTER III: SALVATION

We've finally reached the last chapter of this book. Sabi nga nila, save the best for last. We talked about life and its uncertainty along with many issues that come with it. I encouraged you to speak your truth and you probably learned a thing or two on how to manage your thoughts, emotions, and difficult situations.

Now is the time to tell you my truth. What helped me during the lowest points in my life and what keeps me going is my faith in God. I've found my purpose and sense of meaning through my relationship with the Lord. This is my 'why' behind what I do. I believe that He has a plan and purpose for your life, too. You matter. You are here for a reason and I pray that you will become the person God has intended you of becoming.

When something good happens to you, you keep spreading the word, right? You keep sharing it so many other people would benefit from it.

So, I'd like to share three simple prayers that helped me get through every season in life. Hindi ito nawawala sa prayer ko araw araw.

1. ***“Lord, nothing will happen today that You and I can’t handle together.”***

Sa totoo lang, hindi mo talaga alam kung anong mangyayari sayo araw araw, di ba? Kung minsan, we are so stressed sa mga kailangan nating gawin, tapos unpredictable pa ang mga bagay bagay; kinakabahan ka kung anong mangyayare sa araw mo, ano kayang ipapagawa ng boss mo sayo or may recitation kaya sa online class.

This prayer helped me to be confident that anything can be resolved and handled well when I know that God is with me. That He wouldn't allow anything to happen that is beyond my capability. It makes you trust God and His ways.

When faced with difficulty, say this prayer and believe that He is with you. He is in control; you're going to be okay.

2. ***“Lord, I want to be in the right place at the right time with the right people.”***

This has been my prayer for 15 years or so. Napakahalaga na hinihingi natin sa Diyos na dalhin Niya tayo sa tamang lugar o sitwasyon, sa tamang oras at kasama ang tamang mga tao. It's like surrendering yourself, your life and everything else na gagawin mo kay God.

This prayer surely brought me to the right places at the right time with the right people- just like how I prayed for it. Hindi man agad agad, it does take a while sometimes, but, You. Will. Get. There.

3. ***“Lord, I am nothing without you and apart from You, I can do nothing”.***

This prayer keeps me humble. It's like acknowledging that we are humans with limitations, we are frail and weak but by God's grace, we are able to do amazing things. It reminds us that with Him, all things are possible.

Lastly, I want to share that I believe in Jesus, that He died and rose again for all of us, so that our sins may be forgiven and have an eternal life only by His grace.

Receive God's gift of salvation today:

***Lord, I acknowledge I am a sinner. I accept your gift of salvation. Be my Lord and Savior. Take full control of my life today until forever.  
In Jesus' name, Amen.***

# About the Author

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**EDUCATION:**  
University of Santo Tomas

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**OPPA:** Park Seo Joon

**MUSIC:**  
LANY, LAUV, Passion pit, John Mayer

**FAVE SNACKS COMBO:**  
Meat, kimchi, Gimbap

**FRUSTRATION:**  
when people call me  
konsehal/councilor

**DESCRIBE YOUR NEPHEWS:**  
my sun and moon

**FAVORITE ROLE IN THE WORLD:**  
being a Tita, for sure