



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

SORROW

SOR·ROW — *a feeling of deep distress caused by loss, disappointment, or other misfortune suffered by oneself or others.*

Sorrow has been described by professionals as an experience of feeling empty or hollow. Chronic sorrow is described as a natural reaction to an ongoing loss. It often doesn’t interfere with daily

functioning however it is a pervasive and profound sadness. It requires a trigger to re-emerge and may be permanent, periodical, and potentially progressive.

Symptoms of Sorrow

- Depressed mood
- Loss of interest or pleasure
- Tearful
- Diminished interest in activities
- Weight loss
- Weight gain
- Insomnia
- Restlessness
- Fatigue
- Loss of energy
- Feelings of worthlessness
- Excessive or inappropriate guilt – which may be delusional
- Diminished ability to think clearly or concentrate
- Indecisiveness
- Recurrent thoughts of death
- Suicidal thoughts

Sorrow may someday fade or forever linger but when you are amidst it, sorrow is sorrow. The pain cannot be rationalized away. The pain cannot be masked. Nor, however, does the sorrow mean you are not allowed to feel happiness, maybe not the joy of immediate laughter, but a deeper joy of gratitude.

While any major loss is emotionally painful, it's crucial that you learn how to work through such losses because we're all going to face them. In times of suffering it can be difficult to not let those emotions destroy your sense of hope or faith.

For example, some have the mistaken notion that because they have a strong sense hope or faith that they'll be protected from major suffering. When tragedy hits, they feel abandoned and doubt their strength and feel like they're dying inside. It's important to understand and accept that there is nothing inappropriate about feeling deep sorrow at a time of loss.

Going Forward

A fantastic quote by Saint Thomas Aquinas – “In sudden and heavy loss or sorrow, some period of quiet convalescence maybe called for. But, there comes a time when one must go forth and savor the better things in life once again.”

The Art of Emotional Composure

When the feelings of overwhelming sorrow are present – the answer to changing that mind-set is truly at your fingertips! Refer to the BASIC POWERTAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – turn the negative into a positive and take action!

Robert Rudelic, BS, NMT, MES