



# *Life Lessons Through Overcoming Challenges*

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On enhancing personal  
growth in face of obstacles





# *Background Information*

- Interviewee's role model committed suicide (his eldest cousin), when he was 19.
- Strives to be as successful as his cousin, who has everything planned out and under control.
- Sudden loss of a support was a shock to him.
- Changed from a bubbly to a very introverted person.



## Theme 1: Challenges and Adversities

If you were to think back on your experience thus far, would you have reacted the same way, or differently, and why?

“Parents are also in the mourning stage and nobody wants to talk about it.”

“I think even if I wanted to do something about it, I would still most likely kept quiet. I probably would be reserved about it and hopefully let it pass during this period.”

Through this challenge:

- He used emotion-focused coping:
  - Disengaging emotionally and mentally from family members.

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## *Theme 1: Challenges and Adversities*

If you were to think back on your experience thus far, would you have reacted the same way, or differently, and why?

Through this challenge:

“Now that I’m older, my family members, relatives and I are more open to talk about it so as to make sure such a case doesn’t happen again.”

**Before:** “In my opinion, he (cousin) did not feel any love. Although people are asking questions, they may not be genuinely concerned about your life and how you are doing.”

- He used meaning-focused coping:
  - Such cases may be inevitable in real life and have to accept that.
  - Genuine concern became an important value for him and his family.





## Theme 2: Coping Style and Support System

In the face of the adversities you described, what are some things you did (or some things that you said to yourself) to motivate you to not give up?

“I just kept quiet and hope that things will just go away. It is just a matter of time.”

Through this challenge:

- Learnt Optimism: Explanatory Style.
  - Permanence.
    - Accepting this outcome that cannot be changed.
    - Aims to look ahead and get over it as time pass.



TEMPORARY

## Theme 2: Coping Style and Support System

In the face of the adversities you described, what are some things you did (or some things that you said to yourself) to motivate you to not give up?

“He is already gone and is no longer the naval officer that others can look up to. Since I’m already in the same career, maybe I can replace him and be the proud naval officer in the family.”

Through this challenge:

- Driven by Autonomous Extrinsic Motivation.
- Grit for Excellence.

**GRIT.**

## Theme 3: The values, strengths, and resilience

What are the characteristics or strengths that you have which helped you rise above your circumstances?

“I am very determined to succeed in life.”

“This lesson gave me a broader view of life, that life is actually very fragile. It makes me question whether my own success is more important than my family.”



Through this challenge:

- Driven by intrinsic motivation.
- Ability to treat it as a lesson and learn from it.
  - Accepting both positive and negative emotions.
  - Personal growth.
- Self-Compassion is associated to intrinsic motivation and personal growth.



## Theme 3: The values, strengths, and resilience

What are the characteristics or strengths that you have which helped you rise above your circumstances?

“Now, I place more importance in my family. When they need help, I will help them and try to connect with them. I think this is my strength.”

Through this challenge:

- Used PERMA Model:
  - Spending more time with family.
  - Treasure their time together more.



## Theme 4: The Rewards and Wisdom gained

After overcoming a life challenge, what were some positive lessons that came from the experience?

“In the face of adversity, stress or whatsoever, remain an open mindset.”

“When you really sit down and think about it, you would be able to find a way out.”

Through this challenge:

- Openness.
  - Cultivating wisdom.
- Make plans to become a better person.
  - Problem-Focused Coping.



## Theme 4: The Rewards and Wisdom gained

After overcoming a life challenge, what were some positive lessons that came from the experience?

“Sometimes you really just need someone to pull you through any difficult times, and it can be anybody.”

“when you listen to other people’s story and how they overcome challenges - These are some very useful avenues to learn from. And when you get hit, you know how to deal with it.”

Through this challenge:

- Seeking support from others.
  - Talking and seeking advice from them.
- Problem-focused Coping.
  - Learnt from other people’s mistakes.
  - Seeking information.





## *Theme 5: Future outlooks, Dreams, and Aspirations.*

What are some of your dreams for the future?

“My dream is to live my life properly and to make sure that I do not have any regrets in life.”

“Right now I have the opportunity in life to be grateful to the people around me.”

“Hopefully, people around me can feel that my gratitude towards them.”

Through this challenge:

- Values-Based goal: Gratitude.
- Long term goal:
  - Living a life with gratitude.
- Short term goals:
  - Be grateful to people around him.
  - Be happy and appreciate others.
- Possible barriers:
  - Moments where decisions are tough to make and may cause regrets.



# *What has our group learnt?*

- Internal factors and external factors are essential.
- Think about the people around you before taking any action.
- Success may not be as important as you think it is.
- Stress is part and parcel of life.
- The ability to strike a balance between life and stress is the best for all of us.





*Thank You!*



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# Lesson References

## **Theme 1:**

- Emotion-Focused Coping (Week 8: Wellbeing - Understanding Stress and Fostering Self Care)
- Meaning-Focused Coping (Week 8: Wellbeing - Understanding Stress and Fostering Self Care)

## **Theme 2:**

- Learnt Optimism: Explanatory Style (Week 11: Wellbeing - Aspiring Personal Growth and Self-Actualisation)
- Autonomous Extrinsic Motivation (Week 11: Wellbeing - Aspiring Personal Growth and Self-Actualisation)
- Grit for Excellence (Week 11: Wellbeing - Aspiring Personal Growth and Self-Actualisation)

## **Theme 3:**

- Intrinsic motivation (Week 11: Wellbeing - Aspiring Personal Growth and Self-Actualisation)
- Personal growth (Week 8: Wellbeing - Understanding Stress and Fostering Self Care)
- PERMA Model : cultivate Positive Relationships (Week 11: Wellbeing - Aspiring Personal Growth and Self-Actualisation)

## **Theme 4:**

- Cultivating Wisdom (Week 12: Wellbeing - Cultivating Wisdom and Creativity for a Thriving Life)
- Problem-Focused Coping (Week 8: Wellbeing - Understanding Stress and Fostering Self Care)

## **Theme 5:**

- Value Based Goal (Gratitude) (Week 11: Wellbeing - Aspiring Personal Growth and Self-Actualisation)