



UNIVERSIDADE PÚNGUÊ
Faculdade em Ciencia e letras

Challenges I Have Faced in My Life

English Curse

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1 Introduction

Life is full of challenges that often test us and force us to make difficult decisions. Throughout my journey, I have faced situations that taught me valuable lessons about patience, understanding, and the importance of truly getting to know the people we are involved with. One of the most memorable and challenging experiences occurred during my teacher training, when I went through a situation that involved emotional decisions, family dynamics, and health issues, all unexpectedly intertwined. This experience shaped me and helped me better understand the complexity of relationships and the importance of acting with clarity and responsibility in decisive moments.

1.1 General objective

- ✓ To narrate a challenging experience in my life, reflecting on the lessons learned and how it contributed to my personal development.

1.2 Specifics objectives:

- ✓ Describe the challenging situation faced.
- ✓ Explain how I overcame the challenge.
- ✓ Analyze the lessons learned.
- ✓ Reflect on the impact on my personal development.

1.3 Methodology

This work was developed using a qualitative approach, focusing on reflective analysis and the narration of a personal experience. Initially, I described the challenging situation I faced, highlighting the key events and emotions involved. Then, I reflected on the decisions made and the actions taken to overcome the challenge. The analysis of the lessons learned was conducted introspectively, considering the insights gained from the experience. Finally, an evaluation was made of the impact this experience had on my personal development, observing the changes in how I perceive relationships and important decisions.

2 Challenges I Have Faced in My Life

In 2012, during my Teacher Training Course at the Teacher Training Institute of Chibata, I faced a challenging situation that taught me a lot about patience, self-awareness, and relationships. During the holidays, I went back home to the Barué district, where I met a young woman named Lurdes. Over time, we fell in love, and after six months, we decided to get married. However, my family didn't know her past or the situation she was in, which would later become a big challenge.

After finishing the course, I was assigned to the Machaze district. When I received my first salary, I went to her parents' house to formally ask for her hand in marriage. However, her parents asked me to wait until she finished the 10th grade since she was only 18 years old, which was their way of denying the relationship. Since I was deeply interested in marrying her, I decided to wait. I asked my aunt to be the wedding sponsor, but her parents insisted I wait another year, which made me feel uncertain.

At one point, I decided to give Lurdes the freedom to choose. I told her that if she wanted to marry someone else, I would no longer be interested, given what was happening. A week later, some of her relatives came to my house, but this went against the wishes of her mother. We lived together as husband and wife for only a week. During that time, I began to feel unwell and sought help.

I turned to traditional healers and prophets, who diagnosed that Lurdes had a "night husband," meaning a spiritual husband, and her parents needed to take action to treat her. After this revelation, my family and I decided to return her to her home, as it posed a risk to my health.

2.1 How I Overcame the Challenge:

Overcoming this challenge wasn't easy. I had to deal with a mix of emotions, including frustration, disappointment, and even fear. The decision to return Lurdes was painful, but it was the right choice for my health and well-being. I learned that, in situations like this, it's important to trust our instincts and make responsible choices, even when circumstances push us to do the opposite.

2.2 What I Learned and How It Shaped Me:

This experience taught me that we must always take the necessary time to truly get to know the person we're involved with, to understand their circumstances and behavior. I learned that in love and marriage, we shouldn't act impulsively, but with patience and clarity. I also understood the importance of making decisions based on reason, not just emotions.

This experience shaped me as a person, teaching me to be more cautious, to listen to my intuition, and to prioritize my well-being. It also taught me the importance of understanding the other person before making important decisions, and not being afraid to make tough choices when the situation requires it.

3 Final Considerations

Throughout this work, I sought to reflect on a challenging experience I faced in my life and how it contributed to my personal growth. Through the reflective analysis of the events I went through, I realized that patience and understanding are fundamental in any relationship, especially when we face unexpected obstacles. According to Goleman (1995), emotional intelligence plays a crucial role in the ability to handle difficult situations and make conscious decisions. In this case, the situation forced me to develop emotional skills that helped me act more rationally and less impulsively.

Additionally, reflecting on the lessons learned throughout the process allowed me to understand that we must deeply know the people we choose to relate to, as Brown (2010) highlights, stating that self-awareness and understanding others are essential for building healthy and solid relationships. This experience provided me with internal transformation because, although it was a moment of great difficulty, it also taught me to value my well-being more and have the courage to make tough decisions when necessary.

The impact of this experience on my personal development was significant, as today I can better handle situations of pressure and complexity, as well as be more aware of my choices and their consequences. As Seligman and Csikszentmihalyi (2000) assert, personal growth occurs when we are able to learn from adversities, turning difficulties into opportunities for learning.

Therefore, the experience I shared in this work not only taught me about the value of patience, understanding, and self-awareness, but also provided me with a new perspective on how to deal with life's challenges. Constant reflection on these experiences was crucial for my development, and I believe this experience will continue to influence my choices and attitudes in the future.

4 References

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