

## **Effects of Struggle on feelings**

As it has been told for ages, Struggles bring the best out of people. They somewhat unlock the true potential of a person. Struggle makes a person respect themselves. This is the true power of struggle. This is what we are taught. But, like everything else in life, this too has shortcomings.

Struggle can have many forms. Anything that someone doesn't have, and they wish for, can turn into struggle. Struggle is what has kept humans from going extinct. When people get out of their comfort zone, it may have two reasons, either to expand the comfort zone, which is also known as growing, or to get something. In either case, it is a painful process.

But, no pain, no gain, right? Let's think about that. When people continuously face pain, the body starts to change, and adjust to pain. This increases the endurance of the body. Like in the case of weight lifting. But what effect does it have on the mind of a person? Does the mind too get stronger? Mind works analogous to body. Pain grows resistance. With the body, this is seen as growth in muscles and increasing strength. But with the mind, things are not always this way. It sure does build up resistance, but, that has an adverse effect on feelings.

People who fail after struggling can be of two types.

The first type of people are happy, for they think that they tried their best. For these people, the only option is satisfaction. Since, they obviously couldn't get what they wanted, they learn to be happy with

what they have. It doesn't always mean that the want dies, some people from this category also develop a character to take struggle sportingly. It wouldn't matter whether they achieve their want or not, they are happy.

The second type of people choose misery. They are not happy to fail. Maybe, because they had never failed before. The want of these people is more important than their happiness. These type of people prefer living in future, in imaginations, rather than in the present, and so their ability of changing the present is also severely hampered. These people can convert to the first kind, after realising that sometimes failing is better, and this realization generally comes once they succeed in something else. This type is investigated further.

This article is going to be more focused on the successful struggle.

What better feeling can one get, than to succeed at whatever they were struggling for ! Be it successfully launching a company, be it marrying the person they love, or be it being selected in IIT. But what happens after that? Let's see.

When people struggle for too long, it starts affecting their root personality, their root character. Slowly, it changes from a healthy exercise, to a compulsion. It is true that people push their limits while struggling, but if the struggle continues for too long, it becomes a habit. After success, people are divided into three groups.

Type I people are the heroes, whose stories are told. These people

become legends. The category a person falls in, depends on their thought structure and their goals. While struggling, some people see their object (of struggle) as the only thing, for example, like Arjuna saw only the eye of the fish. And other people, just see the object as means to some other objects. And these are the types of people who make up the Type I. For these people, they are never struggling for their primary objective, their struggle is always of secondary nature, and hence, success or failure doesn't matter much. These people always have some other goals. They may seem perfect, but consider this. These type of people are never satisfied, because they never actually reach their goal. This affects their personalities. Their personal lives are shattered due to this nature.

The thing that gives them an upperhand in their public lives, takes away their personal lives. It's not their fault. They can only be happy with the person who is just like them. They cannot afford to be stagnated. They may also love people, who are just out of their public lives, for they wouldn't bother the Type I. This reduces the possibility of good relationships significantly. But, when these people love someone, they are the best lovers. This is because, in this aspect of life, they don't have a further goal. This is the first thing they are satisfied with.

Type II are the people who truncate their potential. They are happy with what they get, because it's usually what they want. They can get whatever they want, but their wants are not as big as the Type I's. These people are the happiest, because they know the value of their object, and respect it once they finally achieve it. These type of people usually have a healthy relationship, because, once again, they get what they want, and value it.

Type III are the same people as the failing second type, only they succeed this time. These people see their object as the primary goal, and work hard to achieve it. But, when they finally succeed, they miss something in their lives. They miss having a goal. They try everything, but nothing makes them happy anymore. Because, then they realise that due to struggling, their object changed from the goals to struggle. Now their goal is to struggle. They never know what to do with the prize they get, because it was never about the prize, about the success, it was always about struggling. After this realization, their life changes drastically, either for good or bad. After this, these people become greats at whatever they do. Not because they want some output, but because they don't want anything else. They make hardships their nature, their personality, their character. These type of people are not able to love someone, because, up until they try to win the love of someone, they seem as the best lovers, but once someone starts loving them, they once again don't understand what to do with the prize won. After that these people just break relationships and move on to next competition. Their main problem is that competing becomes their character, and they start seeing competition in everything. These type of people may become "Successful", according to the society, but they are never content with whatever they have, because they have no wants, no wishes, they just compete, because that's all they can do, that's what keeps them alive.

Whatever be the type, one thing that is clear from this discussion is that struggling doesn't always make you a better person. It pushes you to the level of bursting out your true character. And this true face is not always what you thought you were. So, struggling does change you,

it either makes you great, or miserable.

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