I always felt that resilience isn’t a virtue. Its something one has work really hard to attain. I speak for myself.

It was one of those days when everything went horribly wrong. I was exceptionally well prepared and confident of success and it just blew all over my face.

There were thoughts like – why did this have to happen? Of all the days today? Of all the times now? It was so important to me that this go well, it just had to go well.. And so on..

So, regardless of whatever anyone says, in such situations, you can’t get out of the depression. It’s just because, every time someone consoles you, they try to make you feel better, say it’s ok, say things will get better. But that’s not reality isn’t it? You don’t live in a fairy tale and you just realized that coz life hit you where it hurts! You can’t feel it’s okay, you can’t believe it’s going to get better. Because you know it didn’t work and no matter what anyone says, you’re not going to feel any different!

This is where I want to bring out the essence of my thoughts. That resilience is not a virtue.

You can’t just bounce back to happy and joyous from sad and depressed all of a sudden!

First of all you need to have the will to think of stop experiencing the sorrow. Next you actually need to stop the remorse. After that you have to let whatever just happened go. Next that you have to build up the courage to convince yourself that it’s not the end of the world. (I know, it feels like it is, but you have to try!) Finally, you have to give yourself another chance. Say that if not this, then something else.

So, its basically, hard-hard-sweaty work to be resilient. But its not impossible. Because after the phase has passed, there’s this strange feeling of gratitude you feel towards yourself for having done so.