

Life is NOT fair, Friends are selfish & People are cruel

Life is NOT fair, Friends are selfish, People are cruel and everywhere injustice and nepotism are at their peak.

Therefore, be a hero of your own. Don't take things on the head, live and let live others. Don't wait for the happiness of the outside rather create happiness from your inner self. Be strong enough to face all the difficulties of life. Everyone is fighting the battle of life. If you have sound health, you are 95% luckier than the rest of the world. Life is NOT an iPod to be used on your own, but it is like a Radio. You will face what it offers you.

Be strong enough, and enjoy the journey because the destination is NOT worthy enough if the journey is too convenient. Let me tell you that all the pleasures are kept in the process and hoping things are together. Whenever you get them, you lose their glory. Hope is what keeps you alive, and if you are wise enough you will take immense pleasure in the things you have already and in the things you don't have yet.

In fact, everyone is fighting. Some are strong enough to win their own battles and help others as well. However, others are too weak to be fallen into a place and even think of suicide. Those people, I can say, are the cowardly ones. They don't kill themselves alone, they kill a precious soul that is also a son, brother, and a future father as well. Therefore, please don't give up. Life is equally unfair to everyone, it doesn't let you fulfil all your wishes. There should always be something to be craved upon and that is what creates the charm of life. If you cannot seek the peace of mind, always failing while finding your happiness. Try to find it in the happiness of other people because those who cannot fulfil their dreams, should fulfil other people's dreams. And I can assure you that this one step would let you in the peace of mind.

Finally, learn two things in your life. SABR (Patience) and SHUKR (Greatness). Be patient with what you don't have. And be grateful for what you have already. For God's sake, don't waste what you have while dreaming of what you don't have. If something is NOT prewritten in your favour, how can you get that, think? Thus, changing the unchangeable things is nothing a stupidity.

10 Solutions to overcome the negative outlook of such views can lead to feelings of hopelessness and disillusionment

1. **Focus on gratitude:**

Practising gratitude can help shift your focus away from the negative and towards the positive aspects of your life. Focus on what you have and what is going well, instead of what is not.

2. **Cultivate resilience:**

Resilience is the ability to bounce back from difficult situations and setbacks. By developing resilience, you can better handle the ups and downs of life and maintain a more positive outlook.

3. **Engage in self-reflection:**

Take the time to examine your beliefs and attitudes about the world. Ask yourself why you believe what you do, and consider whether your beliefs are serving you well or holding you back.

4. **Practice empathy:**

By trying to understand the perspectives of others, you can develop a more compassionate and understanding view of the world. Empathy can help you see the world from a different perspective and appreciate the experiences of others.

5. **Build a supportive community:**

Surrounding yourself with positive, supportive people can help counteract the negativity you may experience in other areas of your life. Seek out people who uplift you and bring positivity into your life.

6. **Volunteer:**

Helping others can provide a sense of purpose and fulfilment. By volunteering, you can make a positive difference in the world and feel good about yourself in the process.

7. **Practice self-care:**

Taking care of yourself physically, emotionally, and mentally can help boost your resilience and maintain a positive outlook. Engage in activities that bring you joy and relaxation, such as exercise, meditation, or hobbies.

8. **Seek professional help:**

If your negative outlook is impacting your mental health or well-being, seeking the support of a therapist or counselor can be beneficial. They can help you work through your beliefs and attitudes and develop strategies to cope with negativity.

9. Focus on personal growth:

Investing in your personal growth and development can help you feel more confident and capable in the face of life's challenges. Pursue new experiences, learn new skills, and strive to become the best version of yourself.

10. Cultivate optimism:

Practice focusing on the positive and look for the good in every situation. This can help you develop a more optimistic outlook and increase your resilience in the face of life's challenges.

In short, while it may seem that life is not fair, friends are selfish, and people are cruel at times, it is important to remember that these experiences are not universal. There are solutions that can help us to navigate these challenges, such as developing a strong sense of self-worth, surrounding ourselves with supportive and empathetic people, practising self-care and self-compassion, and embracing forgiveness and empathy for others. By taking a proactive approach to these challenges, we can cultivate resilience and find joy, peace, and happiness in our lives. Remember that life is full of ups and downs, but by approaching these challenges with a positive attitude, we can overcome them and find success and happiness.

Comment below if you need further counselling:)