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Title: Shifting Perspectives: Finding Blessings in Challenges and Embracing Positivity

Ms. X is a middle-aged freelance writer. Her depression had worsened since last year. She has been facing numerous challenges with her teenage daughter, who suffers from attention deficit disorder (ADHD). Her daughter's behavior has become increasingly volatile, with instances of violence such as breaking things, yelling, and swearing. There are times when her daughter hides in her room and refuses to go to school. As the summer approaches, Ms. X anticipates the upcoming waves of difficulties and feels anxious and stressed.

However, there has been a positive shift in her outlook since she began practicing mindfulness in our therapy sessions. Mindfulness has helped her become more aware of her emotions and develop confidence that these difficult feelings will pass. She has learned to create space in her mind by zooming out and focusing on the bigger picture rather than getting consumed by the negative aspects. The analogy of walking a dog on a leash resonates with her, as she realizes that with practice, her mind can stay grounded and not wander too far away. Another analogy she relates to is that of a bomb exploding in the forest; even in chaos, the spaciousness of the forest remains undisturbed.

Through mindfulness, Ms. X has started to notice and appreciate positive emotional states. She recognizes moments of happiness, such as when she goes out with her friends for lunch. I suggested that she name her emotions moment to moment, allowing her to cultivate peace even in the midst of a storm. We discussed how our true nature is inherently spacious, like the vastness of the sky, always peaceful regardless of external circumstances. Our mindfulness practice is akin to holding onto the ceiling strap on a bus; although the bus shakes, we remain steady. She felt inspired to apply the analogy of "Don't let people pull you into their storms. Pull them into your peace."

In her efforts to understand her daughter better, Ms. X has been keeping a log of her daughter's emotional states and behaviors. I encouraged her to pay attention not only to the negative aspects but also to the positive moments and good behaviors her daughter exhibits. As we focus on the positives, our perception of life becomes more positive.

She shared her experience of keeping a gratitude journal which helped her identify and appreciate the small delights in her life. I quoted the saying, "Count your blessings, and the blessings will become countless." Ms. X resonated with this sentiment and shared a personal anecdote about how fences had become a prevalent thought for her after considering replacing her own fence.

By shifting her perspective and embracing positivity, Ms. X is opening herself up to finding blessings even within life's challenges. With mindfulness and gratitude as her guides, she is

learning to navigate the waves of difficulty and create a more joyful and fulfilling life for herself and her daughter.