

English Corner: Suggested Article of Discussion

1. The Article 2-5: Think of What You Have Instead of What You Want

In over a dozen years as a stress consultant (压力顾问), one of the most pervasive (普遍深入的) and destructive (破坏) mental tendencies (心理上的倾向) I've seen is that of focusing (注意在) on what we want (我们想要) instead of what we have (我们已有). It doesn't seem to make any difference how much we have; we just keep expanding our list of desires (欲望), which guarantees (保证) we still remain dissatisfied (不满足). The mind-set (思想倾向) that says, "I will be happy" is the same mind-set that will repeat itself when that desire is met.

We want this or that. If we don't get what we want, we keep thinking about all that we don't have – and we remain dissatisfied. If we do get what we want, we simply re-create the same thinking in our new circumstances. So, despite getting what we want, we still remain unhappy. Happiness can't be found when we are yearning (渴望) for new desires.

Luckily, there is a way to be happy. It involves changing the emphasis of our thinking from what we want to what we have.

Make a note to yourself to start thinking more about what you have than what you want. If you do, your life will start appearing (似乎) much better than before. For perhaps the first time in your life, you'll know what it means to feel satisfied.

2. Discussion:

1. Why does the mind-set (思维方式) that focuses on what we want guarantee dissatisfaction?

2. Compare the different effects of thinking about what we want and What we have.

3. What can make us more satisfied with our lives?

3. Remember Seven Phrases a Week:

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| 78. You did right. | 你做得对。 |
| 79. You set me up! | 你出卖我! |
| 80. Can I help you? | 我能帮你吗? |
| 81. Enjoy yourself! | 祝你玩得开心! |
| 82. Excuse me, Sir. | 先生, 对不起。 |
| 83. Give me a hand! | 帮帮我! |
| 84. How's it going? | 怎么样? |

4. Proverbs:

1. For we brought nothing into the world, so that we can take nothing out of it; but if we have food and clothing, we will be content with these.
(1 Timothy 6:7 - 8)
2. Life is like an onion; you peel it off one layer at a time, and sometimes you weep.
3. To live means that others may live a better life.
4. Well begin is half done.
5. When you have nothing to say, say nothing.
6. This life is but an inn, and we are the passengers.