

## The Paradox Of Adversity | Allan Besselink

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We are all faced with challenges in our lives. It could be at work. It could be at home. It may start to feel like there isn't even a moment away from the noise.

It would appear that although the types of challenge may change, there is always plenty of adversity to go around. I don't know a single person that hasn't been faced with a life challenge of some form or another.

I can remember my best friend Richard always saying "tough times pass, tough people last". But it is more than just being tough enough to weather the storm. It is more than just being able to hunker down and survive the onslaught. It is beyond simply shutting out the noise and moving on.

The paradox of adversity is that although it is something we could all do without, it is integral to our growth. Much as we would like clear skies and smooth seas on a daily basis, adversity teaches us many things about life.

I would be the last person that would want to be reminded that adversity is all just a part of the journey, all part of growth. Blah blah blah. Yada yada yada. But, much as we might not want to hear that, it is the simplest truth.

Adversity tests our self image. But it also provides us with a platform for success, an opportunity for learning about ourselves.

Some people have a propensity for adversity. No matter what they do, no matter what corner they turn, it would appear that there is a challenge awaiting them. But I wonder if we ever really have more adversity than we can handle? Or do we just continue to refine our capacity to be challenged? Humans will adapt to the imposed demands of their environment, and adapting to adversity is no different.

How we approach the problem – the way we perceive it and think about it – is the key. We learn how to overcome, yes, but by doing so we also build the foundations for success. We learn survival, but within that we learn independence. We learn what we are made of when times are tough.

Adversity can become the bane of your existence. Or just another opportunity for growth. It can make you stronger and more focused, or it can beat you down mercilessly and destroy the foundations on which you thrive. Or, as is most likely the case, it can give you fleeting glimpses of both all at the same time.

Or so we think when we are in the midst of it all.

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