

If you want to overcome the current difficulties, here are two things you need to do first

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Difficult situations in life are "holes" that are very shallow at first but just because we don't know how to control them, we accidentally "dig" them further.

I used to be in a "hole" and so was my company.

You certainly have, been or will be falling at least one "hole". In fact, if you deny this, I feel very sad for you because ultimately everyone of us will one day spend some time under the "holes".

Celebrity, wealthy, powerful - they have also seen themselves in the same "holes" as us. Only they know how to get out of there very quickly and we are too scared to find the way to the surface.

1. Train these 7 qualities to overcome all waves

A "hole" is merely a "hole", even if it is "dug" with a gilded shovel. And if you're under a "hole", here are two things you need to stop immediately if you want to get out.



1. Stop "digging" long enough to realize you're in a "hole"

When something goes wrong and you find yourself falling "hole", the first thing to do is stop "digging".

Stop doing everything and observe around with an objective, honest look.

Literally: Is the hole dark? Is there a moist smell of soil? Do you feel dirty? If so, then you're exactly in a "hole".

In the figurative sense: Difficulties / failures / challenges / despair / sadness . what are you facing? Does it make you lose anything? Does it make you want to cry, get angry and want to give up?

1. Bored at your current job and here are 11 reasons you should not quit

So before you find your way out, you need to:

- 1. Realize you are in a "hole".**
- 2. Stop digging.**

What does this mean? That is to convince yourself to accept the present truth instead of making you worse (stop digging). Don't question yourself about failures, mistakes, don't criticize the people around you, don't blame any other member of the team for the errors caused by the Team itself, don't compare yourself to success. of someone . Don't "add oil to the fire" because it is these thoughts that make you "dig" deeper so that the "hole" becomes deeper and more pathetic than before.



In such situations, I often create a "ladder" - and I thought that perhaps by writing the paper, it would help me to distinguish between a "ladder" and a " hole ".

However, even if I could distinguish it, I was still in that "hole". We all are. So, recognize the problem very soon.

1. These 3 inspirational videos will "save" you when you want to give up all

2. Don't try to comfort yourself that you are not in a "hole"

Like most people, you often tell yourself that you're not falling into a "hole". You deny it all, don't dare to admit your problem for fear of being discovered by others or underestimated.

A friend shouted and said, "Hey, you're under a hole!"

And you shout back: "No, I'm really on a circular track!"

The other friend continued: "It looks like another hole I have seen and is no different."

And you scream loudly: "No, I'm on a circular groove!"

After that, you whisper: "And I don't mind".

Over time, you get used to the "hole" and begin to forget that you are down there. In the end, you can't get out.



Not to do so.

Be honest with yourself. If your career is going down, admit it. If your business is losing money, admit it.

Acknowledging is the first step for you to clearly see the problem, the difficulty and from there, find a solution. Admit not to do a bad thing.

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