

The Five Things You Cannot Change

1. Everything changes and ends
2. Things do not always go according to plan
3. Life is not always fair
4. Pain is part of life
5. People are not loving & loyal all the time

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REMINDERS: It is not that we look forward to these things. We simply accept that they are part of everyone's life. When they occur we acknowledge the pain or disappointment they bring and move on. We do not get caught up in blaming ourselves or wondering why we deserved something bad to happen.