

DEEP-DIVE PODCAST  
DISCUSSIONS ON  
LETTERS TO  
MY CHILDREN 2



NGO HUNG



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# CONTENTS

introduction To Letters To My Children 2 .....	6
The Value And Power Of Resilience .....	8
The Value And Power Of Self-Discipline .....	20
The Value And Power Of Humility .....	37
The Value And Power Of Honesty .....	60
The Value And Power Of Trust .....	112
The Value And Power Of Open-Mindedness In Thinking .....	131
The Value And Power Of Dedication .....	160
The Value And Power Of Clear Purpose.....	197
The Value And Power Of Loneliness.....	225
The Transformative Power Of Turning Resentment Into Gratitude ...	308
The Transformative Power Of Turning Disappointment Into Motivation .....	332
The Transformative Power Of Turning Failure Into Opportunity .....	354
The Transformative Power From Jealousy To Understanding .....	374
The Transformative Power From Fear To Confidence .....	410
The Power Of Transforming Anger Into Calmness .....	433
The Power Of Transforming Sadness Into Joy.....	450
The Transformative Power Of Turning Regret Into Acceptance .....	471
The Transformative Power From Doubt To Faith .....	497
The Power Of Transforming Stress Into Relaxation.....	554
The Power Of Transforming Dissatisfaction Into Contentment.....	594
The Power Of Transforming Trauma Into Healing .....	610
The Power Of Transforming Loss Into Appreciation .....	634
The Transformative Power From Betrayal To Forgiveness .....	656
The Power Of Transforming Helplessness Into Motivation .....	669

The Transformative Power From Expectation To Freedom.....	683
The Power Of Transforming Pain Into Love.....	702
The Transformative Power Of Turning Fear Of Loneliness Into Independence .....	720
The Transformative Power Of Turning Attachment Into Letting Go .	741
The Power Of Transforming Hatred Into Love.....	774
The Power Of Transforming Conflict Into Peace.....	792
The Power Of Transforming Suffering Into Wisdom .....	819

## **Book**

Foreword.....	842
Introduction.....	844
The Value And Power Of Resilience .....	847
The Value And Power Of Self-Discipline .....	857
The Value And Power Of Humility .....	868
The Value And Power Of Honesty .....	879
The Value And Power Of Trust .....	889
The Value And Power Of Open-Mindedness In Thinking .....	898
The Value And Power Of Dedication .....	908
The Value And Power Of Clear Purpose.....	918
The Value And Strength Of Loneliness .....	928
The Transformative Power From Loneliness To Connection .....	940
The Transformative Power Of Turning Anger Into Forgiveness.....	949
The Transformative Power Of Turning Resentment Into Gratitude ...	957
The Power Of Transforming Disappointment Into Motivation.....	966
The Transformative Power Of Turning Failure Into Opportunity .....	975
The Transformative Power From Jealousy To Understanding .....	983
The Transformative Power From Fear To Confidence .....	992

The Power Of Transforming Anger Into Calmness .....	1000
The Power Of Transforming Sadness Into Joy.....	1009
The Transformative Power Of Turning Regret Into Acceptance .....	1018
The Transformative Power From Doubt To Faith .....	1026
The Transformative Power Of Turning Regret Into Serenity.....	1034
The Power Of Transforming Stress Into Relaxation .....	1044
The Transformative Power Of Turning Fear Into Courage .....	1053
The Power Of Transforming Dissatisfaction Into Contentment.....	1061
The Power Of Transforming Trauma Into Healing .....	1069
The Power Of Transforming Loss Into Appreciation .....	1078
The Transformative Power From Betrayal Into Forgiveness .....	1088
The Power Of Transforming Helplessness Into Motivation .....	1097
The Transformative Power From Expectation To Freedom.....	1107
The Power Of Transforming Pain Into Love.....	1116
The Transformative Power Of Turning Fear Of Loneliness Into Independence .....	1125
The Transformative Power Of Turning Attachment Into Letting Go .....	1134
The Power Of Transforming Hatred Into Love.....	1144
The Power Of Transforming Conflict Into Peace.....	1154
The Power Of Transforming Suffering Into Wisdom .....	1164
The Final Message .....	1173

# INTRODUCTION TO LETTERS TO MY CHILDREN 2

Dear Friend,

In life's continuing journey, we often find ourselves facing moments of transformation—instances where challenges become opportunities for growth and self-discovery. This second collection of letters (Letters to My Children 2) delves deeper into the art of emotional alchemy, exploring how we can transform our most challenging emotions and experiences into sources of strength and wisdom.

“Letters to My Children 2” consists of 33 letters that explore the transformative journey from difficult emotions to empowering states of being. These letters continue the dialogue with Lac and An, now navigating their evolving paths through young adulthood, offering guidance on how to transmute life's inevitable struggles into stepping stones for personal growth.

Each letter addresses a specific transformation—from fear to courage, from loneliness to connection, from doubt to faith—providing practical wisdom and heartfelt insights on how to navigate these emotional transitions. Through personal stories, reflections, and gentle guidance, these letters illuminate the path of emotional transformation that lies at the heart of human experience.

## **The Power of Transformation**

This collection focuses on the remarkable journey of emotional transformation, exploring how our most challenging experiences can become our greatest teachers. Each letter examines a specific transition, offering insights into how we can consciously transform difficult emotions into positive forces in our lives.

From turning anger into calmness, sadness into joy, and conflict into peace, these letters provide a roadmap for emotional evolution. They demonstrate how every challenge we face contains within it the seeds of transformation and growth.

### **Why These Transformations Matter**

In today's rapidly changing world, the ability to transform challenging emotions and experiences into sources of strength is more crucial than ever. These letters offer not just comfort and guidance, but practical wisdom for navigating life's emotional landscape with grace and resilience.

Let us embark on this transformative journey together, exploring the pathways that lead from challenge to opportunity, from difficulty to growth, and from struggle to strength.

Let's begin this exploration of transformation.

**Note:** To help you better understand the content of the book “Letters to My Children 2” without the need to search for it, we will attach the full text of the book in the later part of these discussions.

## The Value and Power of Resilience

(S-2) Welcome to another Deep Dive. Today, we're going to be exploring resilience. I think we all kind of have an idea of what it is, but we're really going to go beyond the surface level today and think about what its true value is and how we can harness its power.

And we're going to be looking at this through the lens of a letter from a father to his children. So our source material is a heartfelt letter from a dad to his two kids, Lac, who was 20, and An, who was 15.

(S-1) You know, it is interesting that you mentioned going beyond the surface level because I think so often resilience is presented in these kind of very common analogies, like water flowing around rocks or something like that. But this letter really feels like it dives into the less obvious, maybe more personal aspects of it.

(S-2) Let's unpack this letter. Right off the bat, the father defines resilience. And I have to say his words really struck a chord. He talks about how resilience isn't about never failing because we all stumble. It's about rising after each fall. And he even compares resilience to bamboo bending in the wind.

(S-1) You know, what's fascinating to me is he doesn't just stop at that analogy. He kind of goes deeper. He talks about how that bending isn't weakness. It's about adaptability. It's about having that strength to actually bend and adjust so you don't break under pressure. And I



think that's a nuance that often gets overlooked.

(S-2) I agree. That's such a great point. I think so often we associate resilience with this image of unwavering strength, you know, this sort of unbreakable force. But the father seems to suggest that there's almost a gentleness to it as well. Like it's okay to bend to acknowledge when you're tired or struggling. It almost makes resilience feel more attainable in a way, wouldn't you say?

(S-1) Absolutely. It makes me think that maybe that's where the true value of resilience really lies. It's not about being this unbreakable force.

(S-2) It's about navigating life's challenges with that blend of strength and flexibility, knowing when to push forward and when to allow yourself to bend.

(S-1) Exactly. And speaking of navigating challenges, the father goes on to talk about how resilience equips us to do just that. He really emphasizes the importance of nurturing our inner strength. And he even suggests that acknowledging when we're tired, taking a break is actually a key aspect of resilience.

(S-2) It's almost like he's saying rest is not the opposite of resilience. It's a part of it.

(S-1) I love that.

(S-2) We shouldn't feel guilty about recharging.

(S-1) Yeah. And what's so interesting is he even ties this into the idea of self-belief that even when things are

tough, even when we feel like we're failing, we have to maintain that belief in ourselves. Do you think he's suggesting that self-belief is something that we have to actively work at, especially during those difficult times?

(S-2) I think you're spot on. He's saying that it's not some fixed trait you either have or you don't. It's a muscle we need to exercise, especially when we're faced with setbacks. And then he goes on to explain that resilience isn't just bouncing back.

(S-1) It's about that energy and perseverance that fuels that process. He compares it to a stream harbing its path through rock, slowly but surely overcoming obstacles.

(S-2) That's a powerful image. But it also makes me wonder if resilience is this slow, persistent force, how do we actually keep that momentum going, especially when we're faced with those really massive, seemingly unmovable obstacles?

(S-1) That's a great question. And that's where the father's words about the power of resilience become so crucial. It's not just about getting back up. It's about that force, that inner strength that propels us forward, even when the path is incredibly difficult.

(S-2) So it sounds like resilience is this incredible wellspring of energy that we can tap into. But how do we access that energy? Where does it even come from?

(S-1) Well, that's where the father's advice about embracing moments of weakness comes in. He's not saying that weakness is the goal, but it's in those

moments when we allow ourselves to be vulnerable, to really acknowledge our struggles, that we can actually tap into a deeper well of inner strength.

(S-2) So it's almost like by embracing our vulnerability, we're actually strengthening our resilience. That's pretty counterintuitive, wouldn't you say?

(S-1) It is. And I think that's what makes his perspective so unique. It's not about denying those difficult emotions or trying to be strong all the time. It's about finding stability even in the midst of those struggles. And that's what empowers us to rise again, even stronger than before.

(S-2) It's like he's saying, those moments of vulnerability, they're not something to be ashamed of. They're actually opportunities for growth. But I'm curious, how do we actually cultivate that kind of resilient mindset? And luckily, the father provides some very specific, I'll say unexpected advice to his kids. And I think these tips are incredibly relevant for all of us, no matter what challenges we're facing.

(S-1) Yeah, absolutely. One of the things that really struck me was his suggestion to acknowledge three positive things each day. And it sounds simple, almost too simple. But I think that's part of its brilliance. It's about shifting our focus, even if just for a few moments, to those small glimmers of good amidst the chaos.

(S-2) I totally get that. But there are days when life throws you a curveball, and it's hard to find even one

good thing, let alone three. Do you think there's room for flexibility with this advice? What if we adjust it based on how we're feeling that day?

(S-1) That's a really insightful question. Honestly, I think it speaks to the heart of what the father's trying to convey. It's not about rigidly adhering to a set of rules. It's about finding what works for you, what helps you cultivate that resilient spirit. Maybe on those really tough days, it is just acknowledging one good thing. Or maybe it's simply acknowledging that you're having a hard time, and that's okay.

(S-2) It's like he's encouraging us to find our own personal path to resilience.

(S-1) Exactly.

(S-2) And I think that's so important because we all experience challenges in different ways. But there's another piece of advice he gives that I found particularly thought-provoking. He talks about accepting and understanding our emotions instead of suppressing them.

(S-1) That's such a crucial point. We live in a culture that often encourages us to put on a brave face, hide our vulnerabilities. But the father is saying that true resilience comes from acknowledging those emotions, even the uncomfortable ones. It's about understanding that it's okay to feel sad, frustrated, even angry sometimes.

(S-2) It's like he's giving us permission to feel the full spectrum of human emotions without judgment. But how

do we actually do that? I mean, it's one thing to say we should accept our emotions. But how do we put that into practice?

(S-1) Well, I think it starts with awareness. It's about noticing those emotions as they arise without immediately trying to push them away or judge ourselves for feeling them. Maybe it's simply taking a few deep breaths and saying to yourself, okay, I'm feeling anxious right now. That's okay. It's just an emotion.

(S-2) So it's almost like we're creating space for those emotions to exist without letting them control us. And I think that ties in beautifully with his next piece of advice, which is about setting and achieving small specific goals.

(S-1) You're absolutely right. It's about building that sense of self-efficacy, that feeling of I can do this. And sometimes when we're feeling overwhelmed, the best way to do that is by breaking down our larger goals into smaller, more manageable steps.

(S-2) It's like those small wins, they create this positive feedback loop. We achieve something no matter how small, and it boosts our confidence, which in turn gives us the energy to tackle the next challenge.

(S-1) Exactly. And the father even goes so far as to say that we should view failures as learning opportunities.

(S-2) I like that.

(S-1) Instead of getting bogged down by setbacks, he encourages his children to ask, what can I do differently next time?

(S-2) You know, I find that perspective so incredibly empowering because let's be real. We all fail sometimes as part of being human. But what if instead of seeing failure as a sign of weakness, we viewed it as a chance to learn and grow? It almost takes the sting out of it, doesn't it?

(S-1) It really does. And it reminds me of another piece of advice he gives, the importance of taking care of our physical well-being.

(S-2) That's a great point. It's like we can't expect to be mentally resilient if we're physical needs. So often when we're stressed or overwhelmed, self-care goes out the window.

(S-1) Exactly. And that's where simple practices like regular exercise, even just a short walk or deep breathing techniques can make such a difference.

(S-2) You know, it's fascinating because he doesn't just focus on the internal aspects of resilience. He also talks about the importance of finding inspiration from external sources like stories of other resilient individuals.

(S-1) Yes. And I love how he makes this distinction between passive inspiration and active inspiration. He's saying it's not enough to simply read or hear about other people's triumphs. We have to take that inspiration and translate it into action in our own lives.

(S-2) It's like those stories, they can be incredibly motivating, but they're only truly valuable if we use them as fuel to propel ourselves forward. But I'm curious, you

mentioned that the father gives different advice to his children based on their ages. Can you elaborate on that a bit?

(S-1) It's subtle, but if you look closely, you can see how he tailors his advice to their individual needs and maturity levels. For instance, when talking about setting goals, he encourages Lac, the older child, to pursue goals that are a bit more challenging, pushing her outside her comfort zone. While with An, the younger one, he focuses more on building confidence through smaller, more achievable goals. That's so interesting. It's like he understands that resilience isn't a one-size-fits-all concept. It evolves and adapts as we grow and mature.

(S-2) Exactly. And that's a key takeaway for all of us. What works for one person might not work for another. We have to find our own personal path to resilience, one that resonates with our individual values and life experiences.

(S-1) And you know what I find so remarkable is that he manages to convey all of this in a letter to his children. It's not a lecture or a self-help book. It's a heartfelt message from a father who wants his kids to thrive in the face of life's inevitable challenges.

(S-2) And that's what makes it so powerful. It's not just about imparting knowledge. It's about sharing his wisdom, his lived experience with his children. It's a testament to the power of love and connection in fostering resilience.

(S-1) And it really does feel like a blueprint for navigating life's ups and downs. Like he's handing them and us a toolkit, you know.

(S-2) Filled with practical strategies and these words of encouragement.

(S-1) Right.

(S-2) And it's so clear that he wants his children to not just survive, but to thrive.

(S-1) Yeah.

(S-2) To face those challenges head on, knowing they have the strength and the resources to overcome them.

(S-1) And that brings us to a crucial question for you listening.

(S-2) Yeah. What does all this mean?

(S-1) This letter, it reminds us that resilience isn't some...

(S-2) Gotcha.

(S-1) ...quality that some people have and others don't.

(S-2) Right.

(S-1) It's a skill, a practice, something we can cultivate through conscious effort. And as the father points out, a little bit of self-compassion.

(S-2) And I think that's what makes this deep dive so powerful.

(S-1) Yeah.



(S-2) It's not just about understanding resilience as a concept.

(S-1) Right.

(S-2) It's about recognizing that we all have the capacity to be resilient. It's about tapping into that inner strength, even when we feel weak or uncertain.

(S-1) And it's about remembering that we're not alone in this journey.

(S-2) Oh, that's good.

(S-1) We have people in our lives, whether it's family, friends, mentors, or even just those whose stories inspire us...

(S-2) Yeah.

(S-1) ...who can offer support and guidance along the way.

(S-2) I love that. It's like he's saying that resilience is both an individual journey and a collective one. We build our own resilience.

(S-1) Yeah.

(S-2) But we also draw strength from the resilience of others.

(S-1) So this raises an important question.

(S-2) Yeah.

(S-1) What small step can you take today...

(S-2) What can you do?

(S-1) ...to nurture your own resilience?

(S-2) Yeah.

(S-1) Maybe it's taking five minutes to write down those three positive things, even if they seem insignificant. Or maybe it's setting a small, achievable goal for yourself...  
...just to get that ball rolling.

(S-2) Or perhaps it's reaching out to someone you trust for support.

(S-1) Exactly.

(S-2) Acknowledging that you're struggling and could use a listening ear or a word of encouragement.

(S-1) The key is to start somewhere. To take that first step, no matter how small, and trust that every step you take, no matter how faltering... ..brings you closer to cultivating that resilient spirit that lies within you.

(S-2) This deep dive has been truly inspiring. I feel like I have a whole new understanding of what resilience really means and how to actually cultivate it in my own life.

(S-1) And remember, resilience isn't about being perfect or never failing.

(S-2) Right.

(S-1) It's about embracing the journey with all its ups and downs, knowing that you have the strength to rise

after every fall, and that's something worth celebrating.

(S-2) Beautifully said. Thanks for joining us on this deep dive into the heart of resilience. Until next time, keep exploring, keep learning, and keep building your own resilience.

End.

MP3: The Value and Power of Resilience

<https://moingaymotchuyen.com/Resilience>

# The Value and Power of Self-Discipline

(S-2) All right, so today we're going to be taking a deep dive into self-discipline.

(S-1) Ooh, self-discipline.

(S-2) Which I think we all could use a little more of sometimes, right?

(S-1) Absolutely.

(S-2) Our source material today is a letter from a father to his two kids. Okay. Lac, who's 20, and An, who's 15.

(S-1) All right.

(S-2) And he's really trying to impart some wisdom about self-discipline and how it can help them kind of navigate all the challenges life throws at you. What I found really striking was how he uses all these vivid metaphors to get his points across.

(S-1) Yeah, the metaphors are really something else. Right away, he compares life to a rushing river. What do you think about that?

(S-2) It makes me think about how unpredictable life can be.

(S-1) Yeah.

(S-2) Like you're just getting swept along by this current. So I guess what the father is saying is that self-discipline is what gives you the control. Like a rudder or a paddle.

(S-1) I like that.

(S-2) You know, to steer your own course.

(S-1) Yeah, that's a great way to put it.

(S-2) Yeah.

(S-1) It really speaks to the core of what self-discipline is all about. It's not just about restricting yourself or forcing yourself to do things you don't want to do.

(S-2) Right.

(S-1) It's about having that inner strength to make choices. Even when the current's pulling you in a different direction.

(S-2) So it's more about taking control than just letting things happen.

(S-1) Exactly. You're being proactive instead of reactive.

(S-2) Okay.

(S-1) And that kind of leads us to another metaphor. He uses the torch in the darkness. It's that inner compass that helps you navigate when things are uncertain.

(S-2) Yeah.

(S-1) And stay focused on what you want.

(S-2) So you need that willpower, but also that drive to keep going, even when you don't know what the end looks like.

(S-1) You got it. And that's often what separates those

who achieve their goals from those who don't.

(S-2) Makes sense.

(S-1) He also compares self-discipline to bamboo bending in the wind.

(S-2) Okay.

(S-1) You need to be flexible to adapt to all those curveballs life throws at you without breaking. You can't be rigid. You got to be resilient.

(S-2) So how does he apply this to his son, Lac?

(S-1) Well, Lac is 20, dealing with all the pressures of figuring out his life.

(S-2) Yeah.

(S-1) You know, academics, doubts about his future, all those distractions that come with being 20. The father uses the example of mountain climbers.

(S-2) Okay.

(S-1) They might not always see the peak, but they keep taking one step at a time. Right. Trusting their self-discipline to get them there.

(S-2) It's interesting how he focuses on those small steps instead of the big overwhelming goal.

(S-1) Exactly. And he also talks about failure in a really insightful way.

(S-2) How so?

(S-1) He sees it not as an end, but as a stopping point. Okay. A chance to learn and make adjustments.

(S-2) I like that.

(S-1) Yeah. Instead of getting bogged down by setbacks, you use them as opportunities to grow.

(S-2) Does he give any advice on how to do that?

(S-1) He suggests asking yourself two questions after you stumble, what caused this and what did I learn, by analyzing your mistakes.

(S-2) Yeah.

(S-1) You can avoid making them again.

(S-2) That's really helpful. It takes away the fear of failing.

(S-1) It does. And that resilience is so important for navigating all of life's ups and downs.

(S-2) Especially when you're at that stage where you're figuring everything out.

(S-1) Exactly. Like Lac is.

(S-2) Yeah.

(S-1) So the father also has some advice for his daughter, An, who's 15.

(S-2) Oh yeah.

(S-1) He compares adolescence to navigating a mysterious forest.

(S-2) That's a perfect analogy. I mean, think about it.

(S-1) Right.

(S-2) You're surrounded by all these unknowns.

(S-1) Exactly.

(S-2) Trying to fit in, figure out who you are.

(S-1) Yeah. And he says that self-discipline is like a compass in that forest.

(S-2) Oh wow.

(S-1) It gives you that inner guidance.

(S-2) Okay.

(S-1) To help you make choices that feel right for you.

(S-2) So even when you're bombarded with all those outside opinions and distractions.

(S-1) Yeah. You got to have that clarity to know what's important and the strength to stick to it.

(S-2) That makes sense.

(S-1) Then he uses this really beautiful analogy of a gardener nurturing seeds.

(S-2) I like gardening analogies.

(S-1) Yeah.

(S-2) What's he getting at with that one?

(S-1) Well, he's emphasizing that self-discipline isn't about making huge changes overnight.



(S-2) Okay.

(S-1) It's about those small, consistent actions that over time lead to big growth.

(S-2) It's like tending to a garden.

(S-1) Exactly.

(S-2) Got to be patient and consistent.

(S-1) Right. You don't see results instantly.

(S-2) It's easy to get discouraged when you don't see those immediate results.

(S-1) It is. But the father is saying that those little daily choices, they really do add up. I like that. And it's about enjoying the process. Just like a gardener finds joy in taking care of their plants.

(S-2) It's not just about the end product.

(S-1) Exactly. It's about the journey of growing and becoming a better you.

(S-2) So we've talked about the value of self-discipline.

(S-1) Right.

(S-2) But he also dives into the power of it.

(S-1) He does.

(S-2) What does he say about that?

(S-1) Well, he believes that self-discipline can turn small efforts into big achievements.

(S-2) Okay.

(S-1) He uses the example of elite athletes.

(S-2) Oh, okay.

(S-1) They train rigorously day after day, pushing themselves even when they don't feel like it.

(S-2) Right.

(S-1) It's not just talent that gets them to the top. It's that consistent self-discipline.

(S-2) So anyone can achieve great things if they're willing to put in the work.

(S-1) Exactly. It's about being dedicated to the process.

(S-2) No matter how hard it gets.

(S-1) Yeah. And he's not just talking about external success.

(S-2) Right.

(S-1) It's about becoming the best version of yourself.

(S-2) Reaching your full potential.

(S-1) That's it.

(S-2) Now, I'm curious about those practical methods he suggests for developing self-discipline.

(S-1) Oh, he's got some great advice.

(S-2) What does he recommend?

(S-1) Well, he tailors it to each of his kids. Okay. For Lac, who's struggling with time management and focus, he suggests creating daily priority lists.

(S-2) So you figure out the most important things.

(S-1) Right.

(S-2) And make sure those get done.

(S-1) Exactly. He says, write down the three most important tasks for each day.

(S-2) Okay.

(S-1) That way you don't get overwhelmed and you focus your energy on what matters.

(S-2) Like a roadmap for your day.

(S-1) Yeah. Guiding you towards your goals.

(S-2) I like that.

(S-1) He also introduces a technique called the one hour focus method.

(S-2) One hour focus method? Yeah. I've heard of that.

(S-1) Have you?

(S-2) Yeah.

(S-1) It's all about working in focused bursts with short breaks in between.

(S-2) So you're working smarter, not harder.

(S-1) Exactly. You can actually get more done in less time.

(S-2) That's something everyone could benefit from. Right. Whether you're studying or working or just trying to get things done.

(S-1) Exactly. And he also suggests keeping a discipline journal.

(S-2) Ooh, a journal. What's that for?

(S-1) It's a place for Lac to track his progress, celebrate his wins and analyze his setbacks.

(S-2) So it's like a self-reflection tool.

(S-1) It is.

(S-2) To see what's working and what's not.

(S-1) You got it. It helps you become more self-aware and accountable.

(S-2) I can see how that would be motivating.

(S-1) Yeah. Seeing how far you've come and all that you've achieved.

(S-2) Does he have any other tips for Lac?

(S-1) He talks about the importance of having a supportive environment.

(S-2) Okay.

(S-1) So for Lac, that might mean minimizing distractions.

(S-2) Turning off the phone.

(S-1) Yeah. Finding a quiet place to study, making sure he has everything he needs.

(S-2) Setting yourself up for success.

(S-1) Exactly. Removing any obstacles that could get in the way.

(S-2) Now, what about An?

(S-1) Well, she's at a different stage in life.

(S-2) Right.

(S-1) So his advice is a bit different.

(S-2) Okay.

(S-1) He recommends establishing a fixed study and play schedule.

(S-2) Oh, so creating structure and balance in her day.

(S-1) Exactly. Making sure she has time for everything.

(S-2) Studying relaxing hobbies.

(S-1) Yeah. That can help anyone really.

(S-2) Not just teenagers.

(S-1) Nope. It prevents you from getting overwhelmed and make sure you're taking care of all aspects of your life.

(S-2) Healthy habits prevent burnout.

(S-1) Exactly. Then he suggests something called five minutes of daily tidying.

(S-2) Five minutes of tidying.

(S-1) Yep.

(S-2) That sounds manageable.

(S-1) It is. It's about developing self-discipline through small actions.

(S-2) Okay.

(S-1) So An could spend five minutes tidying her desk or organizing her things. It not only creates a more pleasant space.

(S-2) Yeah.

(S-1) But it reinforces the habit of taking care of your things and your environment.

(S-2) Building a sense of responsibility.

(S-1) Exactly. And he also encourages her to complete tasks promptly.

(S-2) So no procrastinating.

(S-1) Right. If her mom asks her to do something, she does it right away.

(S-2) Gets it done.

(S-1) Yeah. It's about taking ownership and avoiding that feeling of being overwhelmed.

(S-2) I like that. It builds momentum too.

(S-1) It does.

(S-2) Does he have any other advice?

(S-1) Oh, he has one more thing. He calls it the seven day self-discipline challenge.

(S-2) Ooh, a challenge.

(S-1) Yeah.

(S-2) What's that all about?

(S-1) Both Lac and An can participate.

(S-2) Okay.

(S-1) Every day they choose one task they'll complete on their own.

(S-2) So they're setting a small goal.

(S-1) Yep.

(S-2) And then holding themselves accountable.

(S-1) Exactly. The tasks can be anything. From tackling a tough homework problem to waking up early for exercise.

(S-2) Oh, Wow!

(S-1) Or even resisting that tempting snack.

(S-2) It's about consciously choosing something that requires self-discipline.

(S-1) And then following through.

(S-2) I like that. It's a fun way to put it into practice.

(S-1) It is. And the father believes that by setting these small goals and tracking their progress, they'll build confidence and realize that self-discipline is empowering.

(S-2) It's not about deprivation.

(S-1) Exactly. It's about having the power to choose.

(S-2) Yeah. And making those small wins add up to something bigger.

(S-1) You got it. It's about proving to themselves that they have the power to shape their own lives.

(S-2) This seven day challenge sounds like a really good way to like kickstart a self-discipline practice.

(S-1) Yeah, definitely.

(S-2) And, you know, as we've been talking about all these different metaphors and techniques, I've been thinking about my own experiences with self-discipline. It's not always easy, you know?

(S-1) Right.

(S-2) But I've noticed that when I do manage to stick to my goals, even in small ways, it kind of creates this ripple effect in other parts of my life.

(S-1) I think that's a really important point. Self-discipline, it's often seen as this rigid thing. It's like a punishment. But what this father's letter shows us is that it's actually about empowerment. It's about taking control and shaping your life according to what you believe in



and what you want.

(S-2) I'm also really struck by how much he emphasizes self-awareness.

(S-1) Oh, yeah.

(S-2) With that discipline journal, it's all about paying attention to your thoughts, your actions, your patterns.

(S-1) Right.

(S-2) So you can figure out what's working and what's not.

(S-1) Yeah, self-awareness is so important. It is. It's about knowing your strengths and weaknesses, what triggers you, what tempts you, so you can come up with ways to deal with those things.

(S-2) It's like he's encouraging his kids and us to really study ourselves, be constantly learning and adapting.

(S-1) Yeah, always growing.

(S-2) So as we wrap up this deep dive, what would you say is the biggest takeaway from this letter?

(S-1) I think the biggest takeaway is that self-discipline, it's a journey.

(S-2) Not a destination.

(S-1) Exactly. It's not about reaching some perfect level of willpower.

(S-2) Right.

(S-1) It's about making the effort day after day, even when it's tough. It's about those small choices we make every day that add up to a life that's fulfilling and meaningful.

(S-2) And it's not about denying yourself joy or becoming some kind of robot. Right. It's about having the freedom to choose what's important to you.

(S-1) Yes.

(S-2) And then having the strength to actually make those choices consistently.

(S-1) The father even says that it's the key to a more organized, peaceful, successful life.

(S-2) Wow!

(S-1) It's about creating a sense of order and purpose in everything you do. Not just your actions, but your thoughts and feelings too.

(S-2) And building that inner strength to face whatever life throws at you.

(S-1) Yeah. With grace and determination.

(S-2) He ends the letter with a really powerful question.

(S-1) Oh yeah, I remember this.

(S-2) What small act of self-discipline can you commit to today?

(S-1) It's a good one.

(S-2) It reminds us that we don't have to wait for some big moment of inspiration to start building self-discipline.

(S-1) Right.

(S-2) We can start right now with something small, something we can manage.

(S-1) Exactly.

(S-2) And go from there.

(S-1) It could be anything.

(S-2) Yeah.

(S-1) Sticking to your workout routine, resisting that extra snack.

(S-2) Taking a few minutes to clean up your desk.

(S-1) Yeah. The point is to just take action and see how good it feels.

(S-2) Because at the end of the day.

(S-1) Yeah.

(S-2) Self-discipline is a gift you give to yourself.

(S-1) It is.

(S-2) It's a gift of empowerment, of freedom, of being able to create your own future.

(S-1) And it all starts with that one small step.

(S-2) So what will yours be today?

End.

MP3: The Value and Power of Self-Discipline

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# The Value and Power of Humility

(S-2) All right, ready for a deep dive into something pretty fascinating? Today we're exploring humility.

(S-1) Ooh, humility.

(S-2) But not in the typical way you might be thinking.

(S-1) Okay.

(S-2) We've got a unique source for this one.

(S-1) Sounds interesting.

(S-2) A letter from a father to his two kids, Lac, a 20-year-old university student, and his An 15-year-old daughter.

(S-1) A father giving advice, I'm intrigued.

(S-2) What struck me right away was how this dad goes beyond just like defining what humility is. He frames it as like this essential ingredient for navigating the specific challenges each of his kids are facing at their ages.

(S-1) Oh, I see. So he's like tailoring the concept of humility to their specific life situation.

(S-2) Yeah. And he's not shying away from the hard parts either.

(S-1) What do you mean?

(S-2) He dives right into those anxieties of early adulthood that Lac is dealing with.

(S-1) Okay. Yeah. Lots of pressure there.

(S-2) And then the whole emotional roller coaster of being a teenager that Lac is going through.

(S-1) Oh, for sure.

(S-2) So what makes this letter so interesting is it's not some generic pep talk.

(S-1) Right.

(S-2) It's wisdom that feels tailor-made for each kid's situation, you know?

(S-1) And probably applicable to a lot of people listening too.

(S-2) Exactly.

(S-1) Yeah.

(S-2) So let's start with the basics here.

(S-1) Okay.

(S-2) How does this father actually define humility?

(S-1) Well, right off the bat, he makes it very clear that humility is not about putting yourself down or anything like that.

(S-2) Okay.

(S-1) He actually uses this phrase.

(S-2) I like when sources have memorable phrases.

(S-1) Oh, yeah. Me too. It helps it stick.

(S-2) For sure.

(S-1) He says, proper understanding of yourself and the world.

(S-2) Oh, okay.

(S-1) And that's a key part of his definition of humility.

(S-2) Interesting. So it's not about denying your strengths?

(S-1) No, not at all.

(S-2) It's more about seeing yourself clearly in the context of everything else.

(S-1) Yes. And he uses a really great analogy to get this point across.

(S-2) I love a good analogy. What is it?

(S-1) He talks about clouds.

(S-2) Clouds?

(S-1) Yeah, clouds.

(S-2) Okay.

(S-1) He talks about how clouds have this quiet strength about them. They fulfill their purpose.

(S-2) Bringing rain, blocking the sun sometimes.

(S-1) Right. But they do it without any boasting or fanfare.

(S-2) That's a really nice image.

- (S-1) I thought so too. So humility is kind of like...
- (S-2) Yeah.
- (S-2) ...it's about having that quiet confidence.
- (S-2) Right.
- (S-1) That lets you sort of weather all of life's storms.
- (S-2) Without needing to brag about it.
- (S-1) Exactly. And that's where I think this idea of authenticity comes into play too.
- (S-2) Okay. I like where this is going.
- (S-1) The father seems to suggest that humility allows you to be your true self, both in your good qualities and your flaws.
- (S-2) You don't have to hide anything.
- (S-1) Right. And you don't need external validation to be okay with who you are.
- (S-2) So we've got this unique definition of humility from this father.
- (S-1) And it's a good one.
- (S-2) Now let's see how he applies it to Lac, his son.
- (S-1) Who, as you said, is dealing with all those big questions that come with being 20.
- (S-2) Right. Exactly. Trying to figure life out.
- (S-1) And I think what's so cool is that the father



acknowledges those pressures.

(S-2) He doesn't just dismiss them.

(S-1) Not at all.

(S-2) Or offer some simple solution.

(S-1) He gets it.

(S-2) He does. And he uses these pressures that Lac is facing as like a starting point.

(S-1) To talk about humility.

(S-2) Yes. How humility can actually help Lac deal with those pressures.

(S-1) I like that. Kind of turning the problem into the solution.

(S-2) Yeah. Like when he talks about the importance of accepting imperfection.

(S-1) Oh, that's a big one.

(S-2) He tells Lac straight up, it's okay to not have everything figured out.

(S-1) At 20, most people don't.

(S-2) Exactly. It's okay to make mistakes. It's even okay to fail.

(S-1) Failure's tough though.

(S-2) It is. But the father even says that the most successful people, they're the ones who learned from failing and kept going.

(S-1) So true. I think everyone has some experience with that.

(S-2) Oh, absolutely.

(S-1) And that's where I think we see the father's definition of success come out too. How so? It's not just about money or achievements.

(S-2) Right. It's about constantly growing and learning. I like that definition.

(S-1) Me too. And he sees humility as super important to that whole process.

(S-2) Because it allows you to let go of the need to be perfect all the time.

(S-1) Right. And you can focus more on learning from your experiences.

(S-2) Both the good and the bad.

(S-1) Exactly. But here's the thing.

(S-2) Yeah.

(S-1) The father also really makes it clear that humility isn't about lacking ambition.

(S-2) So you can still have goals.

(S-1) Yes. He encourages Lac to have big goals, but to like ground them in reality, be open to learning and adapting along the way.

(S-2) That makes sense.

(S-1) I thought so too.

(S-2) You know, this idea of quiet strength that he keeps talking about.

(S-1) Yeah.

(S-2) I wonder if that might discourage some people from speaking up when they need to.

(S-1) Oh, that's a good point.

(S-2) Like, could humility be misinterpreted as just being passive?

(S-1) Hmm. That's definitely something to keep in mind.

(S-2) Sure.

(S-1) As we explore the rest of his advice.

(S-2) Maybe it's not about being silent all the time. Yeah. But about choosing your moments to speak up and leading with humility instead of ego.

(S-1) That's a good way to put it.

(S-2) So finding that balance between being confident. Yes. But also knowing that you don't have all the answers and being willing to learn.

(S-1) I like that.

(S-2) And that's where his advice about relationships comes in.

(S-1) Okay.

(S-2) He stresses that humility is essential for building strong, authentic connections with other people.

(S-1) He's hitting all the big parts of life.

(S-2) He really is.

(S-1) Work, relationship.

(S-2) And he even says that humility allows you to see the value in everyone.

(S-1) Oh, that's so important.

(S-2) Even people who are different from you or have different opinions. Wow. He makes it sound like humility is the solution to all the judgment and division out there.

(S-1) Yeah. All that stuff that can poison relationships and keep people from learning from each other.

(S-2) Exactly. So we've seen how this father defines humility.

(S-1) And it's a pretty powerful definition.

(S-2) And how he encourages Lac to use it as he navigates early adulthood.

(S-1) Right.

(S-2) Now, I'm really interested to see how he adapts all this for his daughter.

(S-1) Who's facing a whole different set of challenges as a teenager.

(S-2) Oh, for sure.

(S-1) Totally different world.

(S-2) You're not kidding.

(S-1) Yeah. The teenage years.

(S-2) It's a whole other world.

(S-1) Totally. And, you know, the father's approach with it's like it still has this focus on self-acceptance.

(S-2) Okay.

(S-1) But he tailors it to her age.

(S-2) That makes sense.

(S-1) Almost as if he's like anticipating those insecurities that teenagers face.

(S-2) That's smart. He knows what's coming.

(S-1) And he's not sugarcoating anything.

(S-2) What do you mean?

(S-1) He acknowledges that An is going to deal with comparisons, self-doubt.

(S-2) All those fun things.

(S-1) Oh, yeah. And pressure to fit in.

(S-2) For sure.

(S-1) But instead of just giving her a quick fix or something.

(S-2) Right.

(S-1) He digs into how humility can actually help her.

(S-2) Help her how?

(S-1) Help her navigate those rough waters of being a teenager.

(S-2) I see. Kind of like an anchor.

(S-1) Exactly. And one of the first things he says is to truly accept yourself. Flaws and all.

(S-2) Yeah. That's a big one.

(S-1) It is. He even uses the phrase, appreciate your strengths, accept your weaknesses.

(S-2) Okay. I like that.

(S-1) It's like he's giving her permission to be imperfect.

(S-2) Which we all are.

(S-1) Of course. But teenagers especially need to hear that.

(S-2) Oh, absolutely. They're so hard on themselves.

(S-1) And he's pushing back against this idea that confidence comes from being flawless or something.

(S-2) Or measuring up to other people.

(S-1) Exactly. He's advocating for a deeper kind of confidence.

(S-2) What kind?

(S-1) A kind that comes from knowing your own worth.

(S-2) Okay.

(S-1) Regardless of what other people think.

(S-2) So it's not about fitting in or being like everyone else.

(S-1) Not at all. And you know, this reminds me of when I was An's age.

(S-2) Oh, yeah. What was going on?

(S-1) I was so caught up in trying to be popular.

(S-2) Been there.

(S-1) So worried about impressing people that I lost sight of who I was.

(S-2) I think a lot of us go through that.

(S-1) I do too. And it wasn't until I started accepting my imperfections.

(S-2) Yeah.

(S-1) That I really felt comfortable with myself.

(S-2) It's so easy to get caught up in those external pressures.

(S-1) Especially now with social media.

(S-2) Oh my gosh. Yes.

(S-1) Everyone's presenting this perfect version of themselves online.

(S-2) And it's not real.

(S-1) No, not at all.

(S-2) So this father is encouraging An to find her grounding in something deeper.

(S-1) Something more real and lasting.

(S-2) I like that.

(S-1) And it's cool that he doesn't just tell her to do this. He gives her actual ways to practice humility in everyday life.

(S-2) What stood out to you in that part?

(S-1) One thing that really resonated with me was his advice about asking, what can I do to be better?

(S-2) That's good, but it could be easy to take that the wrong way.

(S-1) Oh, for sure. But he doesn't mean it in a self-critical way.

(S-2) How does he mean it then?

(S-1) More like as a way to stay focused on personal growth.

(S-2) OK, I see.

(S-1) And he says it's not about comparing yourself to others.

(S-2) Another big one for teenagers.

(S-1) Absolutely. He actually says, don't worry about what others are doing or achieving. Focus on your own



journey and celebrate your own progress.

(S-2) That's great advice. It's so easy to get caught up in what everyone else is doing.

(S-1) It is. And he also encourages An to see failure as an opportunity.

(S-2) Instead of something to be afraid of.

(S-1) Yeah. He tells her to ask, what can I learn from this and how can I do better next time?

(S-2) So she can turn those setbacks into something positive.

(S-1) Exactly. Instead of letting failure define you, use it to grow.

(S-2) That's a powerful shift in perspective.

(S-1) It is. And I think that's a big part of humility.

(S-2) Being OK with admitting you made a mistake.

(S-1) And then learning from it.

(S-2) And he even says that failure is going to happen.

(S-1) Everyone messes up sometimes. True. The key is not to avoid failing, but to learn how to handle it well.

(S-2) To bounce back.

(S-1) Exactly. And speaking of handling things well.

(S-2) Yeah.

(S-1) I love how he tells An to share her successes

without boasting.

(S-2) That's good. It's so tempting to brag.

(S-1) It is. But he's suggesting a more quiet confidence.

(S-2) So you can be proud of yourself.

(S-1) Yeah.

(S-2) But you don't need to shout it from the rooftops.

(S-1) Right. He even gives her examples.

(S-2) Like what?

(S-1) Like if she wins a competition, she should thank her coaches, teammates and family.

(S-2) Instead of just taking all the credit.

(S-1) It's like he's teaching her that success is rarely a one person show.

(S-2) And that real humility means acknowledging the people who helped you along the way.

(S-1) Exactly. It reminds me of the advice he gave Lac about sharing success.

(S-2) Oh, yeah. Good point.

(S-1) This idea of sharing accomplishments. It's important to him for both his kids.

(S-2) I wonder why that is.

(S-1) Maybe he's trying to fight against that individualistic competitive mindset.

(S-2) That's a really good thought. You know, maybe he wants them to feel a sense of community.

(S-1) Oh, I like that.

(S-2) Where success isn't just about personal gain, but about contributing to something bigger.

(S-1) Right.

(S-2) And that brings us to another important piece of advice for both Lac and An.

(S-1) What's that?

(S-2) Helping others without expecting anything in return.

(S-1) Ah, true generosity.

(S-2) Yeah. He really emphasizes that true generosity comes from a genuine place.

(S-1) Not because you want something back.

(S-2) Right. He even tells An, help your friends because you genuinely care about them, not because you want to show off how smart or capable you are.

(S-1) Wow. He really gets teenagers.

(S-2) It's like he's saying that humility means putting others needs before your own ego, finding satisfaction in helping others, not in getting praise for it.

(S-1) And this emphasis on empathy and compassion.

(S-2) Yeah.

(S-1) It goes beyond just helping friends. He wants An to be more understanding and respectful of everyone, even people who are different from her.

(S-2) Exactly.

(S-1) Even people with different opinions. It's like he's saying everyone deserves respect no matter their background, beliefs, experiences.

(S-2) And he even suggests that An gently challenge your friends if they're doing something wrong.

(S-1) Right. Instead of just criticizing them, lead with compassion instead of judgment.

(S-2) And that reminds me of his advice to Lac about listening to people he disagrees with.

(S-1) Oh, that's true.

(S-2) It seems like this father really wants both his kids to be open minded, to engage with different perspectives, even the ones that challenge their own views.

(S-1) And maybe that's part of humility, too.

(S-2) What do you mean?

(S-1) Being willing to admit you don't know everything.

(S-2) And that you can learn something new from anyone, even from someone you wouldn't expect. So it's about approaching everything with curiosity and openness instead of just sticking to your own beliefs no matter what. I love that.

(S-1) Me too. It's a beautiful way to think about humility.

(S-2) This ongoing journey of growth and self-discovery.

(S-1) Yeah. Fueled by a genuine desire to understand other people.

(S-2) And the world and all its complexity. So we've looked at the father's advice for Lac and An.

(S-1) And he's clearly giving them advice suited to their own lives.

(S-2) But what's amazing is how these individual pieces of advice, they come together to create this tapestry of wisdom.

(S-1) I see what you mean.

(S-2) That's relevant to everyone, no matter who you are or what you're going through.

(S-1) It's universal.

(S-2) And he doesn't stop there.

(S-1) What else does he say?

(S-2) He gives an even more specific advice.

(S-1) Although this should be good.

(S-2) Because he knows how tough it is to be a teenage girl.

(S-1) For sure.

(S-2) With all the pressures and insecurities that come with that.

(S-1) It's like he's giving her this guidebook for surviving the teenage years.

(S-2) He really dives deep into those physical and emotional changes that come with puberty.

(S-1) And how they can mess with your self-esteem.

(S-2) Oh yeah. Big time.

(S-1) But what I like is.

(S-2) Yeah.

(S-1) He doesn't just tell her to ignore it or pretend it's not happening.

(S-2) What does he say?

(S-1) He tells her to face it head on.

(S-2) Interesting.

(S-1) He says, tune into your feelings.

(S-2) Especially the negative ones.

(S-1) Yeah. Especially when she's feeling insecure.

(S-2) But he's not saying to dwell on those feelings, right?

(S-1) No, not at all.

(S-2) Just to be aware of them.

(S-1) Exactly. To understand where they're coming from.

(S-2) So you can deal with them in a healthy way. He gives her this example.

(S-1) Okay. He says, if you're feeling anxious about a test, don't try to push that anxiety down. Acknowledge it and then figure out how to prepare and manage your stress.

(S-2) That's good advice.

(S-1) It is. He's teaching her how to handle her emotions, you know.

(S-2) To be more in tune with what she's feeling.

(S-1) And he connects this back to humility by saying.

(S-2) Okay. I'm curious.

(S-1) That it's okay to not be perfect emotionally.

(S-2) We all have those moments.

(S-1) Right. It's okay to feel insecure sometimes.

(S-2) It's part of being human.

(S-1) And he says that admitting those feelings can actually be a sign of strength.

(S-2) Not weakness.

(S-1) Which is such an important message, especially for teenagers.

(S-2) Who are always being told to be happy and confident.

(S-1) Exactly. He's giving her permission to just be herself with all her emotions. That's huge.

(S-2) It is.

(S-1) And then he goes on to talk about how this self-acceptance ties into how you treat others.

(S-2) Okay. I like that connection.

(S-1) He talks about respecting differences.

(S-2) That not everyone is going to be like you.

(S-1) And that's a good thing.

(S-2) We need all kinds of people.

(S-1) He actually tells her to listen respectfully to a classmate who has a different opinion, even if you disagree.

(S-2) So important, especially these days.

(S-1) It is. He's encouraging her to be open-minded.

(S-2) To see things from other perspectives.

(S-1) And that you don't always have to be right.

(S-2) That's a tough one for a lot of people.

(S-1) It is. But it's such a key part of humility.

(S-2) Recognizing that you can learn from anyone.

(S-1) And then there's this other piece of advice he gives. About accepting the changes that are happening to her.

(S-2) As she's growing up.

(S-1) Yeah. He acknowledges that puberty can be a really tough time.

(S-2) Physically and emotionally.



(S-1) And that it's totally normal to feel awkward or self-conscious.

(S-2) But instead of telling her to just suck it up.

(S-1) He encourages her to be kind to herself.

(S-2) To embrace those changes.

(S-1) He reminds her that everyone goes through it.

(S-2) And that true beauty comes from being yourself.

(S-1) Not from trying to fit some mold.

(S-2) That's a message everyone needs to hear. Not just teenagers.

(S-1) So true. And finally, he encourages An to be patient.

(S-2) Patient with herself and with other people.

(S-1) He knows that growing up takes time.

(S-2) You're going to make mistakes along the way.

(S-1) He says, don't get discouraged if you're struggling. Break things down into smaller steps. And celebrate your progress.

(S-2) No matter how small.

(S-1) Exactly. It's about focusing on the journey. Not just the destination.

(S-2) And being kind to yourself while you're on that journey.

(S-1) And this idea of patience. It applies to her relationships too.

(S-2) So it's not just about being patient with yourself.

(S-1) He tells her that friends make mistakes too.

(S-2) They do.

(S-1) And that forgiveness and understanding are so important in any relationship.

(S-2) That's great advice.

(S-1) It is. What's so amazing about this letter is that while it's written for his kids, it really speaks to everyone.

(S-2) It's universal.

(S-1) It's a reminder that humility isn't about shrinking yourself or being less than.

(S-2) It's about becoming more.

(S-1) More self-aware. More compassionate. More connected.

(S-2) To yourself. And to the world around you.

(S-1) And that's a journey we can all be on no matter who we are.

(S-2) So as we finish up this deep dive today, I want to encourage everyone listening to think about the wisdom in this father's letter.

(S-1) It's really powerful stuff.

(S-2) And ask yourself, how can I bring more humility into my own life?

(S-1) What small steps can I take today to embrace this idea?

(S-2) Because in the end, humility is about understanding that we're all connected.

(S-1) We all have something to learn from each other.

(S-2) We all have something to offer.

(S-1) And in that shared humanity, we find strength and beauty.

(S-2) Thanks for joining us on this deep dive.

(S-1) We hope you found it as inspiring as we did.

(S-2) Until next time, keep learning, keep growing, and keep exploring.

End.

Mp3: The Value and Power of Humility

<https://moingaymotchuyen.com/Humility>

# The Value and Power of Honesty

(S-2) Welcome to a deep dive into honesty.

(S-1) Oh, this will be good.

(S-2) We're going to be looking at honesty through a really unique lens this time.

(S-1) Okay.

(S-2) Our source material is a letter from a father to his two kids.

(S-1) Okay.

(S-2) Lac who's 20 years old and An who is 15.

(S-1) Oh wow.

(S-2) And it is this incredibly heartfelt letter where he's trying to impart some wisdom about honesty to his children.

(S-1) That's sweet.

(S-2) Have you ever gotten like a letter that somebody wrote to you that you just kept.

(S-1) Definitely.

(S-2) Yeah. I feel like this is one of those letters that like if I were Lac or An I would have kept this and I would have referred back to it many times, you know, over the years.

(S-1) Yeah.

(S-2) And so what's interesting about this is that it's not like this theoretical lecture on honesty. It's honesty as like a lived value.

(S-1) Yeah.

(S-2) You know, and so it's really interesting.

(S-1) I find letters like that are always so much more compelling...

(S-2) Yeah.

(S-1) ...than someone just kind of like lecturing.

(S-2) Yeah. Yeah. It's like we're eavesdropping on a really personal conversation.

(S-1) Totally.

(S-2) Yeah. And so right off the bat, the father makes it clear that honesty is so much more than just telling the truth.

(S-1) Okay.

(S-2) He describes it as this inner strength, this ability to like look reality straight in the eye, even when it's uncomfortable.

(S-1) Oh yeah.

(S-2) Yeah. You know, and and that made me think about like the concept of cognitive dissonance, you know, where we sometimes hold conflicting belief, or act in ways that contradict our values, and it creates this inner tension that we often try to alleviate, by like justifying

our actions or downplaying the truth, you know? And so the father here is like advocating for the opposite. He's saying like lean into that discomfort, face those inconsistencies head on.

(S-1) I see what you mean.

(S-2) Yeah.

(S-1) It's like he's saying like ride the wave of that discomfort instead of trying to fight it.

(S-2) Yes.

(S-1) Yeah.

(S-2) And actually he uses this amazing analogy in the letter. He compares honesty to the waves on a beach.

(S-1) Oh, that's beautiful.

(S-2) Yeah.

(S-1) You know, waves can be powerful and even overwhelming sometimes,

(S-2) Right.

(S-1) but they always recede,

(S-2) Right.

(S-1) and when they do, they leave the shore clearer than it was before.

(S-2) Yes. And like a wave pulls you back to shore.

(S-1) Yeah.

(S-2) Honesty, even when it's like a difficult truth, can like ground you.

(S-1) Totally.

(S-2) And provide a fresh perspective.

(S-1) Yeah.

(S-2) Yeah. And so, here's where things get interesting.

(S-1) Okay.

(S-2) The father doesn't just talk about honesty in like general terms. He addresses Lack and An the individually, recognizing the unique challenges that they face at their different ages.

(S-1) Well, that's interesting. You know, because what we perceive as honest behavior can vary so much depending on our age, our culture, you know, even our social context. What might seem like a harmless white lie to a teenager, could be a betrayal of trust, you know, in a different context.

(S-2) Yeah. And it makes you wonder how much of what we consider honesty is shaped by the expectations and norms around us.

(S-1) Right. And how do we navigate those gray areas, you know, where the lines get blurry? That's fascinating.

(S-2) So, this is why I think this letter is so valuable, because he's not laying down rigid rules. He's encouraging his children to develop their own internal compass, you know, their own understanding of what it means to be honest.

(S-1) Yeah.

(S-2) In different situations. So, let's start with Lac.

(S-1) Okay.

(S-2) Who's 20 and grappling with those big life decisions like career paths and relationships.

(S-1) Right.

(S-2) What kind of advice does the father offer to him.

(S-1) So, he really focuses on the pressures that Lac is facing,

(S-2) Okay.

(S-1) You know, and 20 the academic expectations, the kind of uncertainty of choosing a career path, and even that self-doubt that can creep in, you know, when you're trying to figure out your place in the world.

(S-2) Absolutely.

(S-1) He even shares his own struggles...

(S-2) Oh, really?

(S-1) ...with career decisions when he was younger.

(S-2) Wow.

(S-1) And admits that, you know, he initially pursued a path that wasn't really truly aligned with his passions.

(S-2) So, he's Like leading by example, showing Lac that it's okay to make mistakes, to change course, you know, to admit when you're not on the right track.



(S-1) Totally.

(S-2) This must be really reassuring for Lac to hear, you know.

(S-1) Yeah. I think it normalizes those feelings of uncertainty and self-doubt, which can be really isolating, you know, especially during those transitional years of early adulthood.

(S-2) Yeah.

(S-1) And the father emphasizes that acknowledging those feelings, being honest with yourself about where you are and what you want.

(S-2) Yeah.

(S-1) Is really the first step towards making authentic choices.

(S-2) Yeah. It's like he's saying, don't be afraid to look within. Even if what you find isn't pretty, it's in those messy, uncomfortable truths that you discover who you really are and what you're truly meant to do.

(S-1) I love that.

(S-2) Yeah.

(S-1) It reminds me of Socrates.

(S-2) Really?

(S-1) You know, the ancient Greek philosopher who believed that the unexamined life,

(S-2) Right.

(S-1) is not worth living.

(S-2) Yeah.

(S-1) He believed that true wisdom lies in self-knowledge.  
And He saw honesty.

(S-2) Yeah.

(S-1) Not just in our actions,

(S-2) Right.

(S-1) but in our relentless self-reflection as the pathway  
to that wisdom.

(S-2) And that brings us to

(S-1) Yeah.

(S-2) who at 15 is facing a whole different set of  
challenges.

Right.

(S-2) The pressures of social media fitting in those ever  
changing teenage friendships. It's like a minefield out  
there.

(S-1) Oh, it's so true.

(S-2) for a teenager trying to figure out who they are.

(S-1) And the father acutely aware of this speaks to an  
about the pressures of conforming. Comparing herself to  
others, of feeling not good enough in a world that  
constantly bombards teenagers, with these idealized  
images of perfection.

(S-2) Yeah. So, how does he address those pressures?

(S-1) So, he emphasizes that honesty isn't just about what you say.

(S-2) Okay.

(S-1) It's about how you see yourself. He encourages her to embrace her imperfections, to love herself even when she feels flawed. It's a really powerful message of self-compassion, especially during those turbulent adolescent years, when self-esteem could be so fragile.

(S-2) So instead of trying to fit into some predefined mold, he's encouraging her to discover and celebrate her own unique individuality.

(S-1) To define her own worth on her own terms.

(S-2) Absolutely.

(S-1) Yeah.

(S-2) And he urges her to be honest with herself about her strengths and weaknesses.

(S-1) Okay.

(S-2) Her likes and dislikes, her passions and fears.

(S-1) Yeah.

(S-2) He reminds her that true confidence doesn't come from pretending to be perfect.

(S-1) Right.

(S-2) It comes from accepting ourselves flaws and all that.

(S-1) Yeah. That reminds me of the saying comparison is the thief of joy.

(S-2) Yes.

(S-1) The moment we start comparing ourselves to others, we lose sight of our own unique value and worth.

(S-2) That's so true.

(S-1) Yeah.

(S-2) And the father is essentially saying, don't fall into that trap. Be honest with yourself about who you are.

(S-1) Yeah.

(S-2) And let that authenticity be your guide.

(S-1) Now, I'm curious, does the father just focus on the challenges of honesty or does he also talk about the benefits?

(S-2) Oh, he definitely talks about the benefits in a way that goes beyond the typical you know, platitudes.

(S-1) Okay.

(S-2) He connects honesty to some really powerful outcomes,

(S-1) Okay.

(S-2) like clarity,

(S-1) Yeah.

(S-2) confidence, resilience, and even peace. Okay. So, let's break those down. How does he link honesty to clarity, for example?

(S-1) So, he argues that seeing things truthfully, both about ourselves and the world around us, removes the fog of selfdeception. It allows us to make better decisions. Because we're not operating from a place of denial or wishful thinking,

(S-2) Right.

(S-1) We're dealing with reality as it is not how we wish it to be.

(S-2) That's a really good point. It's like when you're trying to solve a problem,

(S-1) Yeah.

(S-2) but you're ignoring a key piece of information because it's uncomfortable to face, you might come up with a solution.

(S-1) Yeah.

(S-2) But it's not going to be a very effective one because it's not addressing the root of the issue.

(S-1) Exactly. And that's what the father's getting at. Honesty forces us to acknowledge those uncomfortable truths.

(S-2) Right.

(S-1) Which might be painful in the short term.

(S-2) Yeah.

(S-1) But ultimately leads to better, more sustainable solutions in the long run.

(S-2) So in a way, honesty is like a mental decluttering exercise. It clears out all the junk, all the selfdeception and denial so you can see the problem clearly.

(S-1) Yeah.

(S-2) And make a more informed decision.

(S-1) That's a great way to put it.

(S-2) Yeah.

(S-1) It speaks to the power of honesty as a cognitive tool. You know, it's not just about being morally good. It's about equipping ourselves to think more clearly, to make better choices.

(S-2) Yeah.

(S-1) And to navigate the complexities of life with greater wisdom and effectiveness.

(S-2) I'm starting to see how honesty isn't just this abstract virtue, but a practical skill that we can cultivate and strengthen.

(S-1) Yes.

(S-2) Kind of like a muscle. The more we practice it, the better we get at it.

(S-1) Exactly. And like any muscle, it takes effort and dedication to build it up. There will be times when we

stumble, you know, when we fall back into old patterns of selfdeception or avoidance.

(S-2) Yeah.

(S-1) But the key is to keep practicing, to keep striving towards that ideal of honest living.

(S-2) And it sounds like this father is really committed to guiding his children on that path. He doesn't just tell them to be honest. He gives them concrete examples.

(S-1) Yeah.

(S-2) And practical advice on how to actually do it.

(S-1) You're absolutely right. And that's what we'll dive into next.

(S-2) Okay.

(S-1) He doesn't just leave them with these lofty ideals.

(S-2) Yeah.

(S-1) He gets down to the nitty-gritty of how to apply the these principles to their everyday lives.

(S-2) Okay. So, let's unpack those practical applications. What are some of the specific ways he suggests they can bring more honesty into their lives?

(S-1) He starts with being honest with yourself.

(S-2) Okay.

(S-1) He encourages both Lac and An to regularly ask themselves, you know, what do I really think about this or what am I truly feeling right now?

(S-2) It's like checking in with your inner compass.

(S-1) Exactly. It's about taking a moment to pause and really tune into those thoughts and emotions without judgment or denial.

(S-2) Because so much of the time we're just like rushing through the day reacting to things and not really understanding what's going on inside.

(S-1) Exactly. And he cautions against suppressing our feelings, especially those that might be seen as, you know, negative or undesirable.

(S-2) Okay.

(S-1) So, for example, let's say you messed up a presentation at work.

(S-2) Yeah.

(S-1) Instead of brushing it off or blaming external factors, he would suggest taking a moment to acknowledge, you know, those feelings of disappointment or frustration,

(S-2) and then trying to understand where those feelings are coming from.

(S-1) Right.

(S-2) Yeah.

(S-1) Is it because I wasn't prepared enough?

(S-2) Yeah.



(S-1) Or maybe I'm afraid of public speaking, you know, it's about getting to the root of it.

(S-2) Right.

(S-1) Rather than just sweeping it under the rug.

(S-2) Yeah. It's so easy to fall into that trap of selfdeception to protect our egos by blaming others or circumstances.

(S-1) Totally.

(S-2) But as we've been discussing, that only keeps us stuck.

(S-1) It does.

(S-2) in those same patterns.

(S-1) Yeah.

(S-2) So, this approach of like radical selfhonesty, while it might sting a bit at first, is ultimately more empowering.

(S-1) It is.

(S-2) Yeah. And this focus on self-reflection extends to relationships as well.

(S-1) Oh, absolutely. The father encourages Lac who's navigating the complexities of young adulthood,

(S-2) Right.

(S-1) To practice open and sincere communication with friends, professors, family.

(S-2) Yeah.

(S-1) He even suggests that Lac asked himself, you know,

(S-2) Okay.

(S-1) if I were to be completely honest with this person about how I'm feeling, What would I say?

(S-2) Wow, that's a tough question.

(S-1) It is.

(S-2) But I can see how it would be so valuable. It forces you to confront those unspoken truths that we often keep hidden even from ourselves.

(S-1) Exactly. And while he emphasizes sharing everything,

(S-2) Yeah.

(S-1) You know, you could also argue that choosing what to share,

(S-2) Yeah.

(S-1) is also a part of honesty in relationships,

(S-2) Right.

(S-1) You know, it's not always necessary or even kind to just blurt out every thought that crosses our minds.

(S-2) That's a really Good point. There's a difference between being brutally honest,

(S-1) Right.

(S-2) and being thoughtfully honest.

(S-1) Totally.

(S-2) And maybe that's something that we develop over time.

(S-1) Yeah.

(S-2) That discernment of when and how to share our truth.

(S-1) I think you're right. It's like finding that balance.

(S-2) Yeah.

(S-1) Between authenticity and sensitivity,

(S-2) Right.

(S-1) Recognizing that honesty isn't just about expressing ourselves.

(S-2) Yeah.

(S-1) But also about considering the impact our words have on others.

(S-2) And it makes me think about all the times we hold back from sharing our true thoughts. and feelings out of fear of judgment or rejection.

(S-1) Right.

(S-2) But what the father seems to be suggesting is that honest communication, even when it's uncomfortable,

(S-1) Yeah.

(S-2) can actually strengthen our relationships.

(S-1) I think he believes that speaking our truth,

(S-2) Yeah.

(S-1) whether it's about our joys or anxieties, not only lightens our emotional load.

(S-2) Yeah.

(S-1) But it also allows us to connect with others on a deeper, more genuine level.

(S-2) Because when we're hiding parts of ourselves, we're not truly connecting, are we?

(S-1) Right.

(S-2) We're only presenting a carefully curated version of ourselves.

(S-1) Exactly. And that kind of guardedness can create distance and prevent us from experiencing true intimacy.

(S-2) Something else that stood out to me was the father's advice on dealing with failure. He specifically tells lack not to let failure become a source of fear.

(S-1) Yeah.

(S-2) But rather an opportunity for learning and growth.

(S-1) I love that. It's about reframing failure.

(S-2) Totally.

(S-1) You know, instead of seeing it as a sign of weakness or inadequacy.

(S-2) Right.

(S-1) He's encouraging Lac to embrace it.

(S-2) Yeah.

(S-1) As a valuable part of the learning process.

(S-2) He even gives an example of like failing a group project in school.

(S-1) Oh yeah.

(S-2) And instead of pointing fingers or dwelling on the negative, the father suggests that Lac ask himself, "What can I do better next time?" He encourages Lac to see the situation as a scientist would.

(S-1) Uhhuh.

(S-2) To analyze what went wrong, form a hypothesis about how to improve.

(S-1) Right.

(S-2) And then test that hypothesis in future situations.

(S-1) I love that.

(S-2) It's turning failure into a science experiment.

(S-1) That is.

(S-2) And I think it's a really healthy way to approach those inevitable setbacks that we all experience in life.

(S-1) Absolutely. And this emphasis on learning from mistakes applies equally to, you know, who might be facing academic pressures or social challenges.

(S-2) Right.

(S-1) The father encourages her to view setbacks as opportunities for growth. To ask herself, what can I learn from this experience?

(S-2) Yeah.

(S-1) Rather than getting bogged down in self-criticism.

(S-2) It's such a valuable lesson.

(S-1) It is.

(S-2) We all make mistakes.

(S-1) We do.

(S-2) But it's how we respond to those mistakes that truly defines us.

(S-1) That's a great point.

(S-2) And I love how the father emphasizes that this mindset of learning and growth can be applied to all areas of life.

(S-1) Yeah.

(S-2) From academics to relationships to personal goals.

It's a holistic approach to honesty. You know, recognizing that it's not just about telling the truth in isolated instances, but about cultivating an honest way of being in the world.

(S-2) And this extends to how we view ourselves.

(S-1) Yes.

(S-2) Particularly for An who's navigating the often turbulent waters of adolescence,

(S-1) Right.

(S-2) So, how does the father address the issue of self-image and self-acceptance with An?

(S-1) Well, he begins by emphasizing the importance of self-love even when we don't feel perfect or worthy. He encourages An to be honest with her emotions.

(S-2) Okay.

(S-1) To acknowledge her insecurities and imperfections without judgment.

(S-2) Yeah.

(S-1) He reminds her that everyone feels insecure. sometimes,

(S-2) Right.

(S-1) and that these feelings are a normal part of the human experience.

(S-2) Instead of trying to suppress those feelings or pretend they don't exist.

(S-1) Right.

(S-2) He's encouraging her to bring them into the light.

(S-1) Yeah.

(S-2) To acknowledge them with compassion and understanding.

(S-1) Exactly. And this is where the concept of mindfulness comes in.

(S-2) Okay.

(S-1) Mindfulness is all about paying attention to the present moment without judgment.

(S-2) Right.

(S-1) And when we apply that to our emotions, it allows us to observe those feelings of insecurity or self-doubt.

(S-2) Yeah.

(S-1) Without getting swept away by them.

(S-2) So instead of saying, “I’m so stupid. I’m never going to be good at math.” And could say, “I’m noticing that I’m feeling anxious about this math test.”

(S-1) Yeah.

(S-2) It’s okay to feel this way. What can I do to prepare myself and feel more confident?

(S-1) Exactly. It’s about shifting from a place of self-criticism to a place of self-compassion and problem solving.

(S-2) Yeah.

(S-1) And the father believes that this kind of honest self-reflection is essential for building genuine self-esteem.

(S-2) It reminds me of that quote by Theodore Comparison is the thief of joy.



(S-1) Oh yes.

(S-2) The moment we start comparing ourselves to others, we lose sight of our own unique value and worth.

(S-1) That's so true. And the father is essentially saying, don't fall into that trap. Be honest with yourself about who you are and let that authenticity be your guide,

(S-2) Right. He even gives a specific example of An feeling insecure about her math skills.

(S-1) He does.

(S-2) And he encourages her to acknowledge those feelings rather than denying them. And he suggests she say to herself, I don't understand this lesson yet, but I need to improve.

(S-1) Yeah. He's encouraging her to be honest about her areas of weakness and then take proactive steps to address them.

(S-2) Yeah.

(S-1) Rather than getting stuck in a cycle of self-doubt and avoidance.

(S-2) It's like he's saying it's okay to not be perfect. We all have areas where we struggle. The important thing is to recognize those areas and then take steps to improve.

(S-1) Absolutely.

(S-2) And that goes back to that idea of honesty being a practice.

(S-1) Yes.

(S-2) A continuous journey of self-discovery and growth.

(S-1) A lifelong journey.

(S-2) Yeah.

(S-1) And this Emphasis on honesty extends to An's relationships as well.

(S-2) Okay.

(S-1) He encourages her to be open and expressive with her friends and family.

(S-2) Yeah.

(S-1) To share her thoughts and feelings authentically, even when it feels scary or uncomfortable.

(S-2) It's about allowing herself to be seen and heard for who she truly is.

(S-1) Yes.

(S-2) Without pretense or reservation,

(S-1) Without those carefully constructed facades,

(S-2) Right.

(S-1) that we often hide behind.

(S-2) Yeah. And I think that's such a powerful message, not just for teenagers, but for all of us.

(S-1) It is.

(S-2) We live in a world where it's so easy to hide behind these carefully.

(S-1) It's true. Authenticity is a rare and precious quality.

(S-2) Yeah.

(S-1) In a world that often prizes conformity and image,

(S-2) Right.

(S-1) over genuine connection.

(S-2) Now, I'm curious. Does the father address the potential downsides of honesty? Because let's be real, sometimes being honest can lead to conflict or hurt feelings.

(S-1) Yeah. It's not always sunshine and roses.

(S-2) No.

(S-1) He acknowledges that being honest isn't always easy or comfortable.

(S-2) Right.

(S-1) He reminds his children that there will be times when telling the truth might lead to uncomfortable consequences.

(S-2) Yeah.

(S-1) And he encourages them to be mindful of those potential outcomes.

(S-2) So, it's not about being recklessly honest,

(S-1) Right.

(S-2) It's about being thoughtfully honest.

(S-1) Yes. It's about considering the impact our words and actions have on others.

(S-2) It's like finding that sweet spot between speaking your truth and preserving the harmony of your relationships.

(S-1) It's a delicate dance.

(S-2) Yeah, it is.

(S-1) But it's one that's worth mastering.

(S-2) And this brings us to another key point that the father makes. The importance of accepting responsibility for our actions. He emphasizes that honesty isn't just about admitting our mistakes, but also about making amends and taking steps to repair any harm we've caused.

(S-1) It's about taking ownership and making things right.

(S-2) Yeah. So, it's not enough to just say, "I'm sorry." We also need to back up our words with actions that demonstrate our sincerity and our commitment to making things right.

(S-1) He uses the example of Lac.

(S-2) Yeah.

(S-1) You know, accidentally breaking a neighbor's window while playing baseball.

(S-2) Okay.

(S-1) Instead of trying to hide the damage or downplay his role in it,

(S-2) Right.

The father encourages Lac to take ownership of his actions.

(S-2) Yeah.

(S-1) Apologize to the neighbor and offer to help fix the window.

(S-2) That's a great example.

(S-1) It is.

(S-2) Because it shows that true honesty involves not only admitting our faults, but also taking responsibility for the consequences of our actions.

(S-1) Exactly.

(S-2) Yeah. It's about making things right even when it's difficult or inconvenient.

(S-1) And this connects to a larger philosophical principle known as restorative justice.

(S-2) Oh, tell me more about that.

(S-1) So, restorative justice emphasizes repairing harm and restoring relationships.

(S-2) Okay.

(S-1) Rather than simply punishing wrongdoers.

(S-2) It's a powerful concept and I think it's deeply relevant to our discussion of honesty. You know, if we're truly committed to living honestly,

(S-1) Yeah.

(S-2) We need to be willing to face the consequences of our actions, and take steps to make amends when we've fallen short.

(S-1) Absolutely. And this willingness to be accountable for our actions is in many ways the ultimate test of your honesty.

(S-2) It is.

(S-1) You know, it's easy to be honest when it doesn't cost us anything.

(S-2) Right.

(S-1) But it's in those moments when we're faced with those difficult choices.

(S-2) Yeah.

(S-1) When we have to own up to our mistakes,

(S-2) Right.

(S-1) and potentially face uncomfortable consequences that our true character is revealed.

(S-2) It's like that saying, the true measure of of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

(S-1) I love that.

(S-2) And that applies equally to women, of course.

(S-1) Of course.

(S-2) Um, so what are your thoughts on this idea of restorative justice?

(S-1) I think it's really powerful framework.

(S-2) Yeah.

(S-1) And one that I'm personally drawn to.

(S-2) Me too.

(S-1) You know, it's about shifting from a punitive mindset to a restorative one.

(S-2) Yeah.

(S-1) Focusing on healing and reconciliation rather than punishment and retribution.

(S-2) And it aligns beautifully with the father's message of honesty and responsibility.

(S-1) It does.

(S-2) He's essentially encouraging his children to embrace those values not just in their personal lives, but also in their interactions with the wider community,

(S-1) Right. It's like he's saying, "Be the change you want to see in the world."

(S-2) Yeah.

(S-1) Don't just talk about honesty and integrity. Live those values, in every aspect of your life and inspire others to do the same.

(S-2) Now, getting back to the letter, does the father offer any specific techniques or strategies for cultivating honesty.

(S-1) He does.

(S-2) Okay.

(S-1) He suggests a few really practical exercises,

(S-2) Okay.

(S-1) that both Lac and An can use to strengthen their honesty muscles, so to speak.

(S-2) Okay, I like that.

(S-1) One of them is journaling.

(S-2) Journaling. That's interesting. How does he suggest they use journaling to become more honest?

(S-1) So, he encourages them to set aside a few minutes each day.

(S-2) Okay.

(S-1) To write down their thoughts and feelings without censoring themselves.

(S-2) Okay.

(S-1) He suggests prompts like you know, what am I grateful for today? Or what was the most challenging



moment of my day and how did I handle it?

(S-2) So, it's like creating a safe space for honest self-reflection.

(S-1) Yes.

(S-2) A place where they can explore their inner world without fear of judgment or criticism.

(S-1) Exactly. And by regularly engaging in this kind of introspective writing.

(S-2) Yeah.

(S-1) They can start to identify patterns in their thinking, recognize their triggers, and develop a deeper understanding of their own emotional landscape.

(S-2) It's like becoming a scientist of your own mind.

(S-1) Mhm.

(S-2) Observing your thoughts and feelings with curiosity and detachment.

(S-1) Yeah. And that kind of self-awareness,

(S-2) Yeah.

(S-1) is essential for making conscious choices,

(S-2) Right.

(S-1) that are aligned with our values.

(S-2) And another technique he suggests is practicing mindfulness meditation.

(S-1) Oh, yeah.

(S-2) Now, you might be thinking, what does meditation have to do with honesty?

(S-1) Right.

(S-2) But there's actually a really strong connection.

(S-1) There is.

(S-2) So, tell me more about this connection between meditation and honesty.

(S-1) So, mindfulness meditation is all about paying attention to the present moment without judgment. And when we apply that to our thoughts and feelings, it allows us to observe them without getting swept away by them.

(S-2) So instead of getting caught up in our stories,

(S-1) Right.

(S-2) our judgments, our fears, we're simply observing them as they arise, without attaching to them or identifying with them.

(S-1) And by cultivating this capacity for nonjudgmental awareness,

(S-2) Yeah.

(S-1) we become less reactive and more responsive in our interactions with ourselves and others.

(S-2) It's like we're creating space between our thoughts and our actions, which gives us the freedom to choose how we want to respond.

(S-1) Exactly.

(S-2) Rather than just reacting on autopilot.

(S-1) And this space, this ability to pause and choose is essential for ethical decisionm.

(S-2) Yeah.

(S-1) It allows us to consider the consequences of our actions, To weigh different perspectives and to make choices that are aligned with our values.

(S-2) So, in a way, mindfulness meditation is like a training ground for honesty.

(S-1) I think you're right.

(S-2) Yeah.

(S-1) It helps us develop that inner strength and clarity that we need to make choices that are true to ourselves and our values.

(S-2) Now, this brings us to another important aspect of the father's message.

(S-1) Okay.

(S-2) the importance of seeking out honest feedback from others.

(S-1) Yes.

(S-2) He encourages both Lac and An to ask trusted friends, family members, or mentors for their honest opinions and perspectives.

(S-1) It's a great idea, but it can also be a bit scary, can it?

(S-2) Yeah, especially if you're about what they might say.

(S-1) Absolutely. It takes courage to open ourselves up to feedback.

(S-2) Yeah.

(S-1) Especially when we're feeling vulnerable or insecure.

(S-2) Yeah.

(S-1) But the father emphasizes that honest feedback, even when it's difficult to hear is invaluable for our growth and development.

(S-2) It's like holding up a mirror to ourselves.

(S-1) It is

(S-2) Allowing us to see those blind spots that we might not be aware of on our own.

(S-1) Exactly. He suggests that they ask questions like,

(S-2) Okay.

(S-1) what do you think are my strengths and weaknesses?"

(S-2) Mhm.

(S-1) Or how do you perceive me in social situations?

(S-2) Those are some tough questions.

(S-1) They are.

(S-2) Yeah. But I can see how getting that kind of honest feedback from people we trust can help us get a clearer picture of who we are, and how we come across to others.

(S-1) And that's essential for self-awareness and growth.

(S-2) Right.

(S-1) The father believes that the more we understand ourselves,

(S-2) Yeah.

(S-1) the better equipped we are to make choices that are aligned with our values and our goals.

(S-2) And that brings us back to the benefits of honesty that we discussed earlier.

(S-1) Yes, it does.

(S-2) Clarity, confidence, resilience, peace. These are all qualities that stem from a deep understanding and acceptance of ourselves.

(S-1) Exactly. And the father's message is clear,

(S-2) Right.

(S-1) Honesty is the key to unlocking those qualities.

(S-2) Yeah.

(S-1) To living a life that is authentic, fulfilling, and aligned with our true selves.

(S-2) It's a powerful message and one that I think resonates deeply with all of us.

(S-1) It does.

(S-2) Who doesn't want to live a life that's grounded in truth, authenticity, and integrity?

(S-1) Right.

(S-2) But I'm Curious, does the father offer any guidance on how to navigate those tricky situations, where honesty might lead to conflict or hurt feelings?

(S-1) He does.

(S-2) Because let's face it,

(S-1) Yeah.

(S-2) there are times when being completely honest,

(S-1) Right.

(S-2) might not be the most diplomatic or compassionate approach.

(S-1) He acknowledges that there will be times when we need to weigh the potential benefits of honesty.

(S-2) Yeah.

(S-1) Against the potential harm that it might cause.

(S-2) So, it's about finding that balance between being truthful and being sensitive to the feelings of others.

(S-1) It's not always easy, but it's an essential skill to develop.

(S-2) Absolutely.

(S-1) And the father offers a few guiding principles,

(S-2) Okay.

(S-1) to help Lac and An navigate those ethically challenging situations. One of them is to consider the intent behind our actions.

(S-2) Okay. So, are we being honest to intentionally hurt someone or to manipulate them or are we being honest because we believe it's the right thing to do even if it's difficult?

(S-1) Exactly. He emphasizes that honesty should never be used as a weapon to punish or control others.

(S-2) Right.

(S-1) It should always be rooted in kindness, and a genuine desire to communicate truthfully.

(S-2) That makes it's like the difference between saying you look terrible in that outfit and saying, "I'm worried about your health. You haven't been looking like yourself lately."

(S-1) Exactly.

(S-2) Both statements might be honest, but the intent behind them is very different.

(S-1) Very different. And the father encourages his children to always ask themselves,

(S-2) Okay.

(S-1) What is my motivation for being honest in this situation? Am I trying to help or am I trying to hurt?

(S-2) It's a powerful question to ask ourselves.

(S-1) It is.

(S-2) And one that can help us make more ethical and compassionate choices.

(S-1) Absolutely.

(S-2) Now, I'm curious. Does the father talk about white lies?

(S-1) Oh, that's an interesting question.

(S-2) You know those little fibs we tell to spare someone's feelings,

(S-1) Right.

(S-2) Or avoid an awkward situation.

(S-1) Yeah. Are those ever okay in his opinion?

(S-2) Yeah.

(S-1) That's a question I think a lot of people struggle with, you know? Where do we draw the line between honesty and kindness?

(S-2) Right.

(S-1) Is it ever okay to tell a white lie?

(S-2) I'm curious to hear what he has to say about this because he seems to be advocating for a pretty radical approach to honesty.



(S-1) He does address this issue.

(S-2) Okay.

(S-1) And his perspective is nuanced.

(S-2) Okay.

(S-1) He acknowledges that there are times when a white lie might be the most compassionate choice.

(S-2) Okay.

(S-1) Especially when it comes to protecting someone's feelings,

(S-2) Right.

(S-1) Or avoiding unnecessary conflict.

(S-2) So, it's not all always a black and white issue. There are shades of gray when it comes to honesty.

(S-1) There are.

(S-2) And sometimes we need to use our judgment to determine the best course of action.

(S-1) Exactly. He gives the example of an being asked by a friend if she likes her new haircut.

(S-2) Okay.

(S-1) Even though An thinks it's not very flattering,

(S-2) Right.

(S-1) In this situation, the father suggests that An could say something like,

(S-2) Okay.

(S-1) I think it's a bold choice. You're always trying new things, and I admire that about you.”

(S-2) That's a really clever way to be both honest and kind.

(S-1) It is.

(S-2) She's acknowledging her friend's courage and individuality without explicitly saying that she dislikes the haircut.

(S-1) Exactly.

(S-2) It's a win-win.

(S-1) It's about finding those creative solutions.

(S-2) Yeah.

(S-1) That allow us to be truthful without being hurtful. And the father emphasizes that this takes practice and discernment.

(S-2) Yeah.

(S-1) It's about developing our emotional intelligence and our ability to read social situations.

(S-2) It's like becoming a master diplomat of honesty.

(S-1) It is.

(S-2) But I can see how mastering this skill would be incredibly valuable in all areas of our lives.

(S-1) Absolutely. And I think that's ultimately what the father is trying to impart to his children.

(S-2) Yeah.

(S-1) The wisdom and the skills to navigate the complexities of life with honesty, integrity, and compassion.

(S-2) He's giving them a road map.

(S-1) He is

(S-2) A set of principles to guide them as they make their way in the world.

(S-1) Yeah. And while his advice is tailored to his children's specific ages and challenges,

(S-2) Right.

(S-1) I think there's so much wisdom here that we can all apply to our own lives.

(S-2) Totally.

(S-1) Regardless of our age or circumstances.

(S-2) It's a reminder that honesty is a lifelong journey.

(S-1) It is.

(S-2) A practice that we can continually refine and deepen over time.

(S-1) I completely agree. His message is timeless and universal.

(S-2) Yeah.

(S-1) Honesty, he argues, is not just a moral virtue, but a powerful tool for self-discovery, growth, and fulfillment.

(S-2) And by cultivating an honest way of being in the world.

(S-1) Yeah.

(S-2) We can unlock our full potential and create a life that is both meaningful and fulfilling.

(S-1) What a powerful message.

(S-2) Yeah. It's so inspiring to see a father so dedicated to instilling these values in his children.

(S-1) It is.

(S-2) It makes me think about the letter I mentioned at the beginning, the one that I received that really stuck with me.

(S-1) You mentioned it was from a mentor, right?

(S-2) Yeah. It was from a professor in college. He was retiring, and he wrote this beautiful letter to all his students sharing some life lessons that he'd learned over the years. And one of the things he emphasized was the importance of living with integrity, of staying true to your values even when it's difficult.

(S-1) I love that.

(S-2) Yeah.

(S-1) It speaks to the power of mentorship.

(S-2) Totally.

(S-1) And the impact that a wise and caring guide can have on our lives.

(S-2) It makes me wonder what are some of the other ways we can cultivate honesty in our lives? Are there any specific practices or habits that you found helpful in your own journey with honesty?

(S-1) That's a great question, and I think there are many different paths to cultivating honesty.

(S-2) Yeah,

(S-1) just there are many different paths to self-discovery and growth.

(S-2) Right.

(S-1) One practice that I found personally helpful is to regularly check in with myself throughout the day.

(S-2) Okay.

(S-1) And ask, am I being honest with myself and others in this moment?

(S-2) It's like a mini honesty audit.

(S-1) Yeah.

(S-2) A way to keep ourselves accountable throughout the day to make sure we're not slipping into those old patterns of self-deception or avoidance.

(S-1) Exactly. And it doesn't have to be a formal process.

(S-2) Right.

(S-1) It can be as simple as taking a few deep breaths and asking yourself, “Am I being true to myself right now? Am I speaking my truth with kindness and compassion?”

(S-2) It's like having that little voice in the back of your head whispering, “Be honest, be kind, be true.”

(S-1) Yes.

(S-2) And sometimes that's all it takes to nudge us back on course.

(S-1) Absolutely. And I think the more we practice this kind of mindful self-awareness, the more it becomes a natural part of who we are,

(S-2) Right.

(S-1) It's like building a muscle.

(S-2) Yeah.

(S-1) The more we use it, the stronger it gets.

(S-2) And just like a muscle, it needs to be challenged and stretched in order to grow.

(S-1) It does.

(S-2) So maybe part of cultivate. Creating honesty is also about putting ourselves in situations where we're forced to confront our own truth.

(S-1) Yeah.

(S-2) To step outside of our comfort zones and speak up for what we believe in.

(S-1) I think you're right. It's about pushing ourselves to be a little bit braver.

(S-2) Yeah.

(S-1) A little bit more vulnerable, a little bit more authentic in our interactions with the world.

(S-2) Yeah.

(S-1) And that can be scary.

(S-2) Yeah.

(S-1) But it's also incredibly liberating.

(S-2) It reminds me of that quote by Maryanne Williamson. Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.

(S-1) Oh, I love that.

(S-2) Maybe that's what the father is trying to teach his children to embrace their own power, to step into their truth and to let their light shine brightly in the world.

(S-1) What a beautiful thought. And I think it captures the essence of the father's message perfectly. Honesty is not just about telling the truth.

(S-2) Right.

(S-1) It's about living our truth, about embracing our full potential and about showing up in the world as our most authentic selves.

(S-2) And in a world that often feels chaotic and uncertain,

(S-1) Right.

(S-2) that kind of radical honesty can be a beacon of hope.

(S-1) It can.

(S-2) A reminder that even in the darkest of times, the truth will set us free.

(S-1) So, as we wrap up this part of our deep dive,

(S-2) Yeah.

(S-1) I'm curious to hear from you.

(S-2) Yeah.

(S-1) What has resonated most with you from the father's advice? What insights have you gleaned that you might apply to your own life?

(S-2) I think for me, the biggest takeaway is the reminder that honesty is an ongoing practice, a continuous journey of self-discovery and growth.

(S-1) Yes.

(S-2) It's not a destination you reach, but a path you walk every single day.

(S-1) I love that. And it ties beautifully to the father's analogy of honesty being like waves on a beach.

(S-2) Yes.



(S-1) It's a constant eb and flow, a process of being swept away and then returning to ourselves stronger and more grounded each time.

(S-2) And speaking of that analogy, let's explore it a bit further. It's such a powerful image and I think there are many layers to unpack.

(S-1) Exactly. And I think it's a perfect segue into the final part of our deep dive.

(S-2) Okay.

W(S-1) here we'll explore the father's concluding thoughts and tie everything together.

(S-2) That wave analogy is so spot-on for this conversation. Like, I can almost feel the sand between my toes just thinking about it.

(S-1) I know.

(S-2) And when you think about how those waves can be both powerful and calming, it really mirrors how honesty can sometimes knock you off your feet with a difficult truth, but ultimately leave you feeling grounded, like ocean itself is a metaphor for life.

(S-1) Yeah.

(S-2) With all its unpredictable currents and changing tides. And honesty is that compass.

(S-1) Yeah.

(S-2) That helps us navigate those waters even when they get rough.

(S-1) I like that.

(S-2) So, as we ride this wave of honesty into the final part of our deep dive.

(S-1) Okay.

(S-2) What are the father's concluding thoughts in his letter?

(S-1) Yeah.

(S-2) Does he tie everything together with like some final words of wisdom for Lac? And he does. And it really brings us back to that sense of grounding.

(S-1) Okay.

(S-2) That you were talking about before.

(S-1) Yeah.

(S-2) He reminds his children that honesty is not just this quality, you know, to possess, but it's a force that needs to be actively cultivated and practiced in their daily lives.

(S-1) Okay.

(S-2) And acknowledges that, you know, this is not always easy, especially when we're faced with like societal pressures or personal insecurities. But he assures them that their rewards are profound and worth the effort.

(S-1) It's like he's saying, Look, I know this honesty thing isn't always going to be a walk on the beach,

(S-2) Right.

(S-1) There will be storms. There will be riptides. But if you keep your compass pointed toward truth,

(S-2) Yeah.

(S-1) you'll always find your way back to shore.

(S-2) I love that.

(S-1) So, the path to developing honesty is this continuous journey of self-reflection and conscious effort.

(S-2) Right.

(S-1) It's about showing up every day and making the choice to align your actions with your values. And he encourages them to find methods that suit their individual needs and circumstances. Whether it's journaling, meditation, or seeking feedback from trusted sources.

(S-2) it's about personalizing the journey.

(S-1) Yeah.

(S-2) Finding the tools and practices that work best for you.

(S-1) Absolutely. Because what works for Lac might not work for...

(S-2) Totally.

(S-1) You know, they're different people.

(S-2) Totally. Yeah. They have different personalities,

(S-1) different needs,

(S-2) Totally.

(S-1) different ways of processing the world.

(S-2) So the key is to be self-aware.

(S-1) Yeah.

(S-2) And experiment.

(S-1) Try different things.

(S-2) until you find what resonates.

(S-1) Yeah. what works for you.

(S-2) It's like creating your own personalized honesty toolkit.

(S-1) Yes.

(S-2) Filled with all the tools and techniques,

(S-1) Right.

(S-2) that help you stay true to yourself.

(S-1) And as we talked about, those tools might include journaling, mindfulness, meditation,

(S-2) Yeah.

(S-1) seeking feedback from others, and practicing compassionate communication.

(S-2) So, if you're feeling lost,

(S-1) Right.

(S-2) or unsure of how to be more honest in a situation,

(S-1) Yeah.

(S-2) you can reach into your honesty toolkit,

(S-1) and find the right tool for the job.

(S-2) It's about about empowering yourself to make conscious choices that are aligned with your values, even when it's difficult or uncomfortable.

(S-1) And in the end, the father reminds his children that this journey of honesty is not only about personal growth and fulfillment, but also about building a better world.

(S-2) It's like that ripple effect. When we make the choice to be honest in our own lives, it creates a ripple that extends outward, impacting our relationships, our communities.

(S-1) Yeah.

(S-2) And and ultimately the world around us.

(S-1) He concludes his letter with this really beautiful message.

(S-2) Yeah.

(S-1) About the transformative power of honesty. Assuring his children that like the challenges that life throws their way will be surmountable if they remain true to themselves.

(S-2) He encourages them to embrace honesty as their guiding light as the foundation for building a fulfilling and meaningful life.

(S-1) This deep dive has been so insightful.

(S-2) It has been. We've gone from exploring honesty as like this abstract concept to really understanding its practical implications in our thoughts, our actions, our relationships, and even our overall well-being.

(S-1) And it's remarkable how much wisdom and insight was contained within just this simple letter from a father to his children.

(S-2) It's like a reminder that the most profound truths, are often found not in grand theories or complex philosophies, but in the everyday moments of human connection. and shared experience.

(S-1) Beautifully said.

(S-2) Thank you.

(S-1) So, as we wrap up this deep dive, I'd love to leave our listeners with a question.

(S-2) Okay.

(S-1) What area of your life could benefit from a dose of radical honesty?

(S-2) Ooh.

(S-1) What truth are you avoiding?

(S-2) Yeah.

(S-1) And what would it look like to face it head on with courage and compassion?

(S-2) That's a powerful question.

(S-1) It is.

(S-2) And I hope you'll take some time to reflect on it.

(S-1) Yeah.

(S-2) Remember like those waves on the beach. Even though facing difficult truths can feel overwhelming, at first.

(S-1) Yeah. Ultimately, honesty brings a sense of clarity, grounding, and peace.

(S-2) It does.

(S-1) It helps us shed the weight of pretense and connect with our true selves.

(S-2) Thank you for joining us on this journey into the depths of honesty.

(S-1) Until next time, keep seeking truth, keep embracing honesty, and keep diving deep.

End.

Mp3: The Value and Power of Honesty

<https://moingaymotchuyen.com/Honesty>

## The Value and Power of Trust

(S-2) Welcome to this deep dive and uh today we're going to be looking at trust. And you might be surprised to hear that we're actually going to be looking at trust through the lens of a letter.

(S-1) Okay.

(S-2) Written from a father to his children.

(S-1) Interesting.

(S-2) And he has two children. Lac who is 20 and An who is 15.

(S-1) Okay.

(S-2) Now what's so fascinating about this letter is how he weaves in these really uh compelling analogies, and he uses things like flowing water and bamboo, to kind of illustrate his point.

(S-1) Yeah, it's really incredible how he takes this concept of trust that we often think about in a theoretical way or even a clinical way,

(S-2) Right.

(S-1) and he makes it so personal and relatable.

(S-2) Yeah. He starts off by defining it in a way that immediately caught my eye. He says, "Trust is like water flowing through rock crevices, clear and refreshing. It can see through every nook and cranny, no matter how small."



(S-1) Wow.

(S-2) What an image, right? What strikes you about that analogy?

(S-1) I think it really highlights how trust at its core is about connection and nourishment. Just like water finds its way through the smallest cracks, trust has this ability to reach the deepest parts of ourselves in our relationships, bringing life and vitality.

(S-2) It's not forceful.

(S-1) Right.

(S-2) It's not rigid.

(S-1) Exactly.

(S-2) It's adaptable.

(S-1) Yeah.

(S-2) It's persistent. It's essential.

(S-1) It is.

(S-2) And he goes on to say that this applies to trusting yourself.

(S-1) Yes.

(S-2) As much as trusting others.

(S-1) I think that's such a crucial point, especially for someone like Lac who at 20 is facing so many decisions about his future.

(S-2) Right.

(S-1) You know, according to Eric Ericson's stages of psychosocial development, this is a time when young adults are really grappling with identity versus role confusion.

(S-2) Yeah.

(S-1) And building selftrust is essential for navigating this stage successfully.

(S-2) So, the father is emphasizing that trusting yourself is the foundation for all your other relationships.

(S-1) Absolutely.

(S-2) But how do we actually make that happen? What are some of the crevices trust needs to move through in our own lives?

(S-1) Well, I think one of the biggest obstacles to trust both in ourselves and others is fear.

(S-2) Okay.

(S-1) Fear of failure, fear of being hurt, fear of the unknown. These fears can create blockages that prevent trust from flowing freely.

(S-2) So, if fear is the rock, what's the water?

(S-1) That's a good question.

(S-2) How do we break through those fears?

(S-1) This is where I think the father's analogy of the bamboo comes in.

(S-2) Okay.

(S-1) He writes, “Just as bamboo needs soil to stand firm, relationships need trust.

(S-2) Okay.

(S-1) And think about how bamboo grows.

(S-2) Yeah.

(S-1) It's incredibly strong and resilient, able to withstand strong winds and harsh conditions,

(S-2) Right.

(S-1) But it can only do that because it has deep roots, a strong foundation.

(S-2) So the soil is like trust.

(S-1) Exactly.

(S-2) And it's what gives the bamboo or in this case the relationship the strength to weather the storms.

(S-1) Exactly.

(S-2) I like that.

(S-1) And building that strong foundation of trust requires certain qualities. Honesty, open communication, vulnerability, and empathy. These are the nutrients that nourish the soil and allow trust to flourish.

(S-2) That brings us to a point I found really interesting. The father isn't just telling Lac to trust. He's giving him practical advice on how to do it.

(S-1) Right.

(S-2) For example, he suggests keeping a trust journal where he writes down three things he did well each day, no matter how small.

(S-1) I love that.

(S-2) Yeah.

(S-1) That's such a powerful exercise. It's about shifting our focus from our perceived shortcomings to our accomplishments, however small they may seem.

(S-2) Yeah.

(S-1) By acknowledging our successes, we reinforce our sense of self-efficacy and build confidence in our abilities.

(S-2) It's almost like we're creating evidence for ourselves, proving to our own inner critic that we are capable and worthy of trust.

(S-1) Precisely. And it's not just about listing achievements,

(S-2) Right.

(S-1) It's about reflecting on the qualities and strengths we displayed in those moments.

(S-2) Okay.

(S-2) Do we show courage, perseverance, creativity?

(S-1) This deeper level of reflection helps us connect with our values and build a stronger sense of self.

(S-2) I'm curious though, some might say this sounds a bit like blind trust.

(S-1) Okay,

(S-2) wWich can be risky. How does the father's advice address the need for discernment and healthy boundaries?

(S-1) That's a great question. And you're right, blind trust can be dangerous.

(S-2) Yeah.

(S-1) But the father isn't advocating for blind faith.

(S-2) Okay.

(S-1) He's encouraging Lac to cultivate a discerning trust.

(S-2) Okay.

(S-1) A trust that's rooted in self-awareness, clear communication, and a willingness to set healthy boundaries.

(S-2) So, it's not about trusting everyone blindly,

(S-1) Right.

(S-2) but rather about learning to trust yourself to make wise choices about who to trust and how much to trust them.

(S-1) Exactly. And the the trust journal can actually help with this as well.

(S-2) Okay.

(S-1) By reflecting on our past experiences with trust, both positive and negative.

(S-2) Yeah.

(S-1) We can gain valuable insights into our own patterns and tendencies, which can inform our future decisions about who to trust.

(S-2) Right.

(S-1) Yeah.

(S-2) Okay. So, that makes sense. It's about developing that inner compass that helps us navigate the complexities of trust.

(S-1) Yeah.

(S-2) But now I'm wondering about it. But she's 15, dealing with a whole different set of challenges.

(S-1) Oh, absolutely. Adolescence is a unique and often tumultuous time.

(S-2) Yeah.

(S-1) You know, think about it. An's going through these rapid physical changes. She's navigating social pressures and she's trying to figure out who she is in the world.

(S-2) Right.

(S-1) It's no wonder that self-doubt and insecurity can really run rampant during this stage.

(S-2) And he seems to understand that.

(S-1) Yes.

(S-2) In the letter, he specifically acknowledges the pressures she faces. and reminds her that it's okay to feel unsure or overwhelmed at times.

(S-1) Yeah. And his advice to An is really centered on cultivating self-trust. Above all else, he writes, “Each person is like a small star in this vast universe. Don't compare your light to others, my child, shine your own way and trust that your light is just as bright and beautiful.”

(S-2) I love that analogy. It's so empowering.

(S-1) It is.

(S-2) It's like he's saying, “You are unique. You are valuable. And you don't need to dim your light for anyone.

(S-1) Exactly. It's about recognizing and embracing your inherent worth regardless of external validation and building that strong sense of selfworth is really crucial for navigating the choppy waters of adolescence.

(S-2) Yeah.

(S-1) It's about trusting yourself first and foremost.

(S-2) But how does a 15-year-old actually do that?

(S-1) Yeah.

(S-2) It's easy to say trust yourself,

(S-1) Right.

(S-2) But putting it into practice can be a whole different ballgame.

(S-1) Absolutely. And that's where the father's practical advice comes in again.

(S-2) Okay.

(S-1) For An and he suggests a daily gratitude practice.

(S-2) Okay.

(S-1) He encourages her to spend a few minutes each evening thinking about three things she's grateful for.

(S-2) That's interesting. I've heard about gratitude journals before.

(S-1) Mhm.

(S-2) But I've never really considered how they could help with building trust.

(S-1) It's actually quite simple.

(S-2) Okay.

(S-1) When we focus on what we're grateful for, it shifts our attention away from what we lack or what's wrong in our lives.

(S-2) Right.

(S-1) This helps us cultivate a more positive and optimistic outlook.

(S-2) Mhm.



(S-1) Which can have a ripple effect on our overall well-being, including our ability to trust ourselves and others.

(S-2) So, by focusing on the good, we're essentially training our brains to see the world as a more trustworthy place.

(S-1) Precisely. And the act of writing it down, of making it a daily practice.

(S-2) Yeah.

(S-1) Further reinforces those neural pathways.

(S-2) Okay.

(S-1) And makes gratitude a more ingrained habit.

(S-2) That's really cool.

(S-1) Yeah.

(S-2) So, gratitude helps build a sense of trust in the world. But what about trusting yourself,

(S-1) Right.

(S-2) Does the father offer any advice specifically for that?

(S-1) He does. He tells Ann to use what he calls self-reminders.

(S-2) Okay.

(S-1) Whenever she's feeling insecure or doubting herself, he suggests she look in the mirror and say things like, "I can do this. It doesn't need to be perfect. Just try

my best is enough.”

(S-2) That sounds a lot like positive self talk. Something I've heard therapists recommend.

(S-1) It is. And it's a powerful tool for combating negative self talk and building self-compassion.

(S-2) Right.

(S-1) You know, during adolescence, That inner critic can be especially loud and harsh. These self- reminders are a way to challenge those negative thoughts and replace them with more supportive and encouraging messages.

(S-2) It's like we're creating our own internal cheerleading squad.

(S-1) Exactly.

(S-2) And the more we practice this, the more we start to believe those positive messages and internalize them as truth.

(S-1) Exactly. And as we build that inner trust, it becomes easier to take risks, to step outside our comfort zones, and to trust our own judgment and intuition.

(S-2) This is all starting to make so much sense

(S-1) Good.

(S-2) The father's advice isn't just about blind faith,

(S-1) Right.

(S-2) It's about cultivating a deep and unshakable trust in ourselves and in the world around us.

(S-1) Absolutely.

(S-2) And he doesn't stop there.

(S-1) No.

(S-2) He also encourages An to try helping others.

(S-1) Yes.

(S-2) Even in small ways like assisting a classmate with homework or sharing school supplies.

(S-1) I love that.

(S-2) That's interesting.

(S-1) Yeah.

(S-2) How does helping others tie into building trust?

(S-1) Well, when we help others, it reinforces our sense of selfworth. and agency.

(S-2) Okay.

(S-1) It reminds us that we have something valuable to offer the world,

(S-2) Right.

(S-1) That we can make a positive impact and that can be incredibly empowering, especially for a teenager who may be struggling with feelings of insecurity or inadequacy.

(S-2) I see what you mean. It's like by helping others, we're also helping ourselves build confidence and trust in our own abilities.

(S-1) Exactly. It's a win-win situation.

(S-2) Yeah.

(S-1) And it also helps us develop empathy.

(S-2) Mhm.

(S-1) A key ingredient in building trusting relationships.

(S-2) Right.

(S-1) When we put ourselves in someone else's shoes and try to understand their perspective,

(S-2) Yeah.

(S-1) it opens our hearts and minds to connection.

(S-2) I'm struck by how the father connects seemingly simple actions like, keeping a gratitude journal or helping a classmate to this profound concept of trust.

(S-1) Yeah.

(S-2) It's like he's showing us that trust isn't some abstract idea,

(S-1) Right.

(S-2) but something we can actively build and strengthen in our everyday lives.

(S-1) That's what I find so brilliant about his approach. He's not just preaching about trust.

(S-2) Right.

(S-1) He's giving his children concrete tools and practices they can use to cultivate trust from the ground up.

(S-2) It makes me wonder how many of us are walking around with these trust deficits.

(S-1) Without even realizing it.

(S-2) Right.

(S-1) And how much richer our lives could be if we took the time to invest in building trust.

(S-2) Absolutely.

(S-1) Both in ourselves and in others.

(S-2) Yeah.

(S-1) Yeah. It really does make you think, doesn't it? We've heard the father's wisdom. We've explored those incredible analogies. And we've even delved into the practical exercises he recommends for Lac and An but how can we apply these insights to our own lives?

(S-2) Well.

(S-1) Have you ever kept a gratitude journal or maybe tried incorporating those self- reminders into your routine?

(S-2) You know, it's so fascinating how these seemingly simple practices can have such a profound impact on our sense of trust. And it doesn't have to be complicated.

Even starting with one small change, like taking a few minutes each day to reflect on what you're grateful for can really make a difference.

(S-1) So, building trust is an ongoing process, something we need to actively cultivate.

(S-2) Yeah.

(S-1) It's not a destination, but a journey.

(S-2) I love that. That's a great way to put it. And you know, one of the most important things to remember is that trust is a two-way street.

(S-1) It requires both giving and receiving,

(S-2) Right.

(S-1) Just like the father is modeling trust for his children through his words and actions. We need to be intentional about how we show up in our own relationships.

(S-2) That makes me think about the times I might have withheld trust, maybe out of fear or past hurt. How do we move past those experiences and open ourselves up to trusting again?

(S-1) It's a great question and I think it goes back to that idea of self-trust.

(S-2) Okay.

I(S-1) f we don't trust ourselves to make wise choices, to set boundaries, to navigate difficult situations,

(S-2) Right.

(S-1) it becomes much harder to trust others.

(S-2) And that trust journal the father suggested for Lac could be a helpful tool for that, right?

(S-1) Absolutely.

(S-2) By reflecting on our past experiences, we can start to identify patterns, learn from our mistakes, and build a stronger foundation for future trust.

(S-1) Exactly. And you know, one thing I found particularly insightful in the father's letter was his emphasis on authentic communication.

(S-2) Yeah.

(S-1) He encourages Lac to choose someone he trusts,

(S-2) Right.

(S-1) And share his true feelings with them.

(S-2) It almost felt like he was giving Lorac permission to be vulnerable.

(S-1) Yes.

(S-2) To let his guard down and show up authentically in that relationship.

(S-1) That's exactly it. Vulnerability is essential for building trust when we allow ourselves to be seen flaws. and all. It creates a space for deeper connection and intimacy.

(S-2) It's almost like we're saying, "I trust you enough to

be myself to share my fears and insecurities, knowing that you won't judge or reject me.”

(S-1) Right. And when that trust is reciprocated, it can be incredibly healing and transformative.

(S-2) Yeah.

(S-1) It's like those rock crevices opening up, and allowing that clear, refreshing water of trust to flow through, nourishing and strengthening the entire relationship.

(S-2) This deep dive has been so insightful. It's reminded me that trust is truly the foundation of everything. Our relationships, our sense of self, our ability to navigate the world with confidence and resilience. And it's something we can build and strengthen through conscious effort and intentional practices.

(S-1) It's been a privilege to explore this with you. And remember, as you move forward, think of the father's wisdom, those powerful analogies, and the practical exercises he shared. Allow yourself to be inspired by his words and to experiment with ways to cultivate trust in your own life.

(S-2) This is one of those deep dives that I think will stay with me for a long time and I hope it's inspired you to think differently about trust, about its power and its potential to transform your life. Until next time, keep diving deep.

End.



## MP3: The Value and Power of Trust

<https://moingaymotchuyen.com/Trust>



## **The Value and Power of Open-Mindedness in Thinking**

(S-2) Hey everyone, and welcome to another deep dive with us.

(S-1) Oh yeah.

(S-2) Today we're going to be tackling a subject that I think a lot of us struggle with and think about a lot. It's open-mindedness.

(S-1) Oh yeah.

(S-2) And what's so cool is we're not looking at like some boring textbook definition, you know? We're actually looking at a letter from a father to his two kids.

(S-1) Okay.

(S-2) Um and he's writing to them about how to actually like live open-mindedly, you know, as a skill and a strength. And he's writing to both of his kids. One is named Lac. He's 20 years old.

(S-1) Okay.

(S-2) And then the other one is An and she's 15.

(S-1) Got it.

(S-2) So, he's tailoring his advice based on, you know, their different challenges and their different stages of life.

(S-1) Cool.

(S-2) And I don't know about you, but I have a ton of notes on open-mindedness. So, I'm really excited to kind of dive into this letter with you.

(S-1) Yeah. It's cool how he starts out right away.

(S-2) Yeah.

(S-1) Like he doesn't just lecture them. He really meets them where they're at.

(S-2) Oh, totally.

(S-1) Yeah. Recognizing that this isn't one size fits-all.

(S-2) He starts by defining open-mindedness not as like blindly accepting everything, but he really describes it as a strength.

(S-1) Mhm.

(S-2) Um to be able to step outside of your comfort zone.

(S-1) Yeah.

(S-2) To really listen to different viewpoints even if you don't agree with them.

(S-1) That's hard.

(S-2) Yeah. And to be willing to try things,

(S-1) Right.

(S-2) that you know might seem a little scary, at first.

(S-1) I love how he uses these metaphors.

(S-2) Oh, yeah.

(S-1) To bring it to life.

(S-2) Yeah.

(S-1) He talks about open-mindedness being like water.

(S-2) Yes.

(S-1) Adapting and flowing around obstacles.

(S-2) I love that.

(S-1) And also like sunlight.

(S-2) Yeah.

(S-1) You know, illuminating

(S-2) like darkest corners.

(S-1) Exactly.

(S-2) Yeah. Those really stuck with me, too.

(S-1) Yeah.

(S-2) Um it's not about being passive. It's about actively engaging.

(S-1) Yeah.

(S-2) With the world and everything, you know, all the good and the bad.

(S-1) Yeah. All the complexity of it.

(S-2) Yeah. He seems to really believe that it's like a muscle you need to exercise.

(S-1) Absolutely.

(S-2) And strengthen over time. But then the really cool part is how he breaks it down for each kid.

(S-1) Yeah. Let's start with Lac, the 20-year-old.

(S-2) Okay.

(S-1) I mean, he's facing those big life decisions, you know,

(S-2) Totally.

(S-1) education, career path,

(S-2) Yeah.

(S-1) figuring out who he is, all that pressure to succeed.

(S-2) Yeah.

(S-1) I remember that feeling like the world's judging you.

(S-2) Oh, for sure.

(S-1) All the time.

(S-2) Yeah. And the dad really acknowledges that.

(S-1) Yeah.

(S-2) He really acknowledges all of the different pressures that lack is facing, both internal and external. And then he jumps right into like giving him five really concrete pieces of advice.

(S-1) Okay.

(S-2) The first one is listen without judgment.

(S-1) Oo, that's a good one.

(S-2) Like it's so easy to just shut down when someone says something that you totally disagree with.

(S-1) Absolutely

(S-2) Right.

(S-1) But he's pushing lack to understand the why.

(S-2) Yeah.

(S-1) Behind those differing opinions. Even suggesting that he asks, "Why do you think that?"

(S-2) Yeah.

(S-1) You know, it's about replacing that defensiveness with curiosity.

(S-2) Right.

(S-1) Imagine if we all did that. How different our conversations would be.

(S-2) Right. Like turning an argument into a learning opportunity.

(S-1) Exactly.

(S-2) Yeah. His next piece of advice is all about reflection.

(S-1) Okay.

(S-2) Um he tells him to keep a journal.

(S-1) Mhm.

(S-2) And to write down like three new things he learns every single day.

(S-1) Okay.

(S-2) Which sounds simple, but

(S-1) it's training you to be aware.

(S-2) Yes.

(S-1) Of those learning opportunities that are all around us.

(S-2) Totally.

(S-1) All the time.

(S-2) Yeah. Like suddenly even a boring commute or a quick conversation with a co-worker turns into like a chance to discover something.

(S-1) Yeah, you're solidifying that knowledge.

(S-2) Okay, ready for number three?

(S-1) Hit me.

(S-2) Try something new each week.

(S-1) I like it.

(S-2) It could be a new food, a new skill. Even just talking to someone that you wouldn't normally approach.

(S-1) I love that he's encouraging him to step outside that comfort zone.

(S-2) Yes.



(S-1) We get so stuck in our routines.

(S-2) Totally.

(S-1) But think about the possibilities.

(S-2) Yeah,

(S-1) That new food could become your favorite dish.

(S-2) Right.

(S-1) That random conversation could lead to a life long friendship or a career opportunity.

(S-2) Who knows?

(S-1) You just never know.

(S-2) You never know

(S-1) What you're going to discover when you open yourself up to novelty.

(S-2) He's pushing him to see every experience, even the uncomfortable ones,

(S-1) Right.

(S-2) as a chance to grow.

(S-1) I love it.

(S-2) Okay, number four is where it gets really interesting.

(S-1) Okay.

(S-2) He says when you hit a roadblock, ask what if.

(S-1) Ooh.

(S-2) like challenge your assumptions.

(S-1) That's powerful. What if is like a key.

(S-2) Yes.

(S-1) It unlocks so much creativity.

(S-2) Yes.

(S-1) Opens these new pathways in your brain.

(S-2) Right.

(S-1) Allows you to see possibilities you may have missed otherwise.

(S-2) Totally. And it reminds me of like brainstorming sessions.

(S-1) Yeah.

(S-2) You know, where the craziest idea often leads to the best solution.

(S-1) That's right.

(S-2) Yeah. And then his final piece of advice for Lac is to connect with people.

(S-1) Yeah.

(S-2) From all different walks of life.

(S-1) I love that.

(S-2) Especially people who have different viewpoints than his own.

(S-1) That's crucial.

(S-2) Yes.

(S-1) Especially today.

(S-2) Especially to

(S-1) You know where It's so easy to get trapped in those echo chambers.

(S-2) Right.

(S-1) Surrounding yourself with people who think just like you might feel comfortable.

(S-2) Yeah.

(S-1) But it limits your growth.

(S-2) Right.

(S-1) Hearing diverse perspectives, even ones that challenge you.

(S-2) It's so important

(S-1) It's essential for developing empathy.

(S-2) Yeah.

(S-1) And a more nuanced understanding of the world.

(S-2) Totally.

(S-1) It's like that saying.

(S-2) Yeah.

(S-1) You know, if you're the smartest person in the room, you're in the wrong room.

(S-2) Okay. So, we've got all this amazing advice for Lac.

(S-1) Yeah.

(S-2) But how does the father shift gears,

(S-1) Right.

(S-2) for his teenage daughter?

(S-1) Yeah.

(S-2) Yeah.

(S-1) What does open-mindedness look like for her?

(S-2) Cuz adolescence is a whole other ball game.

(S-1) That's for sure. With unique pressures and anxieties.

(S-2) But before we get into that, let's take a quick break and hear from our sponsors.

(S-1) Sound good.

(S-2) We'll be right back with you to continue unpacking all the wisdom in this letter.

(S-1) All right. So, we're back.

(S-2) Yes.

(S-1) And ready to dive into the father's advice for his teenage daughter. If I remember correctly, she's 15.

(S-2) Yeah.

(S-1) So, she's dealing with all that typical teenage angst.

(S-2) Oh, yeah.

(S-1) Body image, social dynamics, pressure to fit in.

(S-2) Yeah.

(S-1) It's a lot to navigate...

(S-2) It really is.

(S-1) ...at that age.

(S-2) And the father totally acknowledges that.

(S-1) Yeah.

(S-2) Like, right away, he reminds her that open-mindedness can be her superpower during this really turbulent time.

(S-1) That's cool.

(S-2) And just like he did with Lac, he gives her five specific pieces of advice.

(S-1) Okay. Love it.

(S-2) But this time. It's like tailored for a teenager.

(S-1) I'm all ears. Teenagers are notoriously hard to advise, so I'm really curious to see how he tackles this.

(S-2) Oh, totally.

(S-1) What's the first gem of wisdom he offers?

(S-2) So, he starts with something that might seem counterintuitive.

(S-1) Okay.

(S-2) For a teenager, he says, “Practice saying yes to new things.”

(S-1) Interesting.

(S-2) You know, when you think about it, at that age, there's so much pressure to conform.

(S-1) Oh, yeah.

(S-2) To follow the crowd,

(S-1) to fit in,

(S-2) Right? But he's telling her to break free from that.

(S-1) It's a about cultivating that sense of adventure, isn't it?

(S-2) Totally.

(S-1) Saying yes to trying a new sport, joining a club outside of her usual circle.

(S-2) Yeah.

(S-1) Maybe striking up a conversation with someone she wouldn't normally talk to.

(S-2) Yes.

(S-1) Expanding those horizons.

(S-2) It's about embracing the unexpected and recognizing that even those experiences that seem intimidating at first,

(S-1) Right.

(S-2) could actually lead to like incredible growth and self-discovery.

(S-1) Who knows?

(S-2) Who knows, right?

(S-1) She might discover a passion or a talent that He never knew she had.

(S-2) Exactly.

(S-1) I love that.

(S-2) Now, this next piece of advice I found really interesting. So, instead of focusing on like what she's learning like he did with Lac, he tells An to keep a daily reflection journal.

(S-1) Okay.

(S-2) But in this journal, he wants her to write about one thing that she noticed that day that was different,

(S-1) Interesting,

(S-2) or interesting.

(S-1) Okay.

(S-2) So, it's like he's subtly guiding her towards mindfulness.

(S-1) I see that.

(S-2) isn't it? Yeah. Instead of being swept up in all the drama and chaos of being a teenager.

(S-1) The teenage years.

(S-2) He's encouraging her to slow down and pay attention

(S-1) to the details.

(S-2) to the little things.

(S-1) It's a beautiful way to cultivate that appreciation for the little things.

(S-2) Yes.

(S-1) The everyday wonders that we often take for granted.

(S-2) Right.

(S-1) Imagine that shift in perspective.

(S-2) Yes.

(S-1) You know, if she starts noticing like the intricate patterns on a leaf or the way the sunlight filters through the trees,

(S-2) Totally.

(S-1) training her mind to see the beauty in the ar

(S-2) and that can be so powerful..

(S-1) Powerful.

(S-2) for a teenager.

(S-1) Absolutely.

(S-2) Okay. So, moving on to his third piece of advice.

(S-1) Okay.



(S-2) Set small challenges to test yourself.

(S-1) This is about building confidence.

(S-2) Yes.

(S-1) Right.

(S-2) It is.

(S-1) He's not throwing her into the deep end.

(S-2) No.

(S-1) But he's encouraging her to take those manageable steps outside her comfort zone.

(S-2) Totally.

(S-1) You know, reading an article about a topic she knows nothing about.

(S-2) Yeah.

(S-1) Trying a new recipe. Maybe even initiating a conversation with a classmate she's been wanting to get to know.

(S-2) It's about proving to herself that she can do more than she thinks she can. And then each time she overcomes a small challenge, it reinforces that belief.

(S-1) Absolutely. Fuels her desire to push those boundaries even further.

(S-2) Okay. Now, this next one I love.

(S-1) Okay.

(S-2) He tells her to practice gratitude for the unexpected.

(S-1) Ooh, that's brilliant.

(S-2) It's brilliant. Right. Instead of dwelling on the negative.

(S-1) Yeah. The things you can't control,

(S-2) Right. Or the things she can't control. He's teaching her to find the silver lining...

(S-1) I love that.

(S-2) ...in every situation.

(S-1) Yeah.

(S-2) Even the challenging ones.

(S-1) He's equipping her with a mental tool.

(S-2) Yes.

(S-1) To reframe those experiences.

(S-2) Like imagine instead of getting upset about a bad grade

(S-1) Uhhuh.

(S-2) she asks herself, "What can I learn from this? How can I use this experience to improve?"

(S-1) It's a powerful shift in perspective.

(S-2) It is.

(S-1) And it ties back to that idea of open-mindedness, you know, by choosing gratitude.

(S-2) Yes.

(S-1) She's choosing to see the world through a lens of possibility. Even when things don't go her way.

(S-2) even when things are hard.

(S-1) It's resilience and action.

(S-2) Yeah. Okay. Last but not least,

(S-1) Hit me with it.

(S-2) The father gives an a piece of advice that I think could benefit all of us.

(S-1) Okay, let's hear it.

(S-2) He calls it play the observe and learn game.

(S-1) Interesting.

(S-2) And he tells her to pay attention to how people are behaving and interacting in public places like a coffee shop or a park.

(S-1) I got it.

(S-2) And then ask herself, “What would I think and do in their situation?”

(S-1) Wow, that's so insightful,

(S-2) Right.

(S-1) It's like a crash course in empathy.

(S-2) It is.

(S-1) He's prompting her to step outside of her own head.

(S-2) Totally.

(S-1) And see the world through someone else's eyes.

(S-2) Yeah.

(S-1) Try to understand their perspective.

(S-2) It reminds me of that quote from Tequila Mockingbird.

(S-1) Oh, yeah.

(S-2) You know, you never really understand a person until you consider things from his point of view. Until you climb into his skin and walk around in it.

(S-1) That's a good one.

(S-2) Right. Like the observe and learn game is like a practical way to actually do that.

(S-1) And imagine the impact this could have on her relationships.

(S-2) I know.

(S-1) You know, if she can start to understand the why

(S-2) Yeah.

(S-1) behind people's actions.

(S-2) Totally.

(S-1) You know, it leads to more compassion, more tolerance.

(S-2) Yes.

(S-1) And ultimately stronger connections.

(S-2) It's like he's giving her a key,

(S-1) Right.

(S-2) to unlock a whole new level of understanding and connection.

(S-1) That's beautiful.

(S-2) And that's something that can benefit her not just as a teenager,

(S-1) Right.

(S-2) but throughout her life.

(S-1) throughout her whole life.

(S-2) So, we've covered all of the father's advice for Lac and An.

(S-1) We have.

(S-2) What stands out to you most about his approach?

I think what strikes me most is how practical it is.

(S-2) Yeah.

(S-1) You know, he doesn't just tell his kids to be open-minded,

(S-2) Right.

(S-1) He gives them these concrete tools and exercises.

(S-2) How's that?

(S-1) That they can actually use to cultivate that mindset.

(S-2) Yes.

(S-1) It's like he's handing them a tool box.

(S-2) Totally.

(S-1) Filled with mental exercises. is to strengthen that open-mindedness muscle.

(S-2) And he's tailoring it to their specific needs and their challenges.

(S-1) Exactly.

(S-2) Right.

(S-1) You know, he recognizes that a 20-year-old and a 15 year-old

(S-2) Yeah.

(S-1) are in completely different stages of development.

(S-2) Yes.

(S-1) And need different types of support.

(S-2) And that's part of being open-minded, too.

(S-1) It is. It's about recognizing those individual journeys.

(S-2) Yes.

(S-1) And meeting people where they're at.

(S-2) Totally.

(S-1) And it makes me think about, you know, how we can apply this to our own lives.

(S-2) Oh, for sure.

(S-1) You know, even if we don't have kids.

(S-2) Yeah.

(S-1) We're all navigating our own challenges,

(S-2) Right.

(S-1) striving for growth.

(S-2) Yes.

(S-1) And I think the takeaway here is that open-mindedness. Is not a passive trait.

(S-2) Right.

(S-1) It's an active practice.

(S-2) It's something you have to work at.

(S-1) You got to work at it.

(S-2) Yeah.

(S-1) It's like going to the gym for your mind.

(S-2) Yes.

(S-1) You wouldn't expect to get physically fit by working out once a month.

(S-2) Exactly. The same goes for open-mindedness.

(S-1) You need those regular exercises.

(S-2) You need to exercise that muscle.

(S-1) Commitment to pushing yourself beyond those comfort zones.

(S-2) And the beauty of it is the more you practice, the easier it becomes. It does, you know, those neural pathways start to form.

(S-1) They do.

(S-2) And then open-mindedness becomes less of a conscious effort and more of like a natural way

(S-1) a way of being.

(S-2) of being in the world.

(S-1) Exactly.

(S-2) So, as we wrap up this part of our deep dive,

(S-1) Okay.

(S-2) I want to pose a question to you listening,

(S-1) I love it.

(S-2) Which of the father's pieces of advice resonated most with you?

(S-1) Yeah.

(S-2) What's one small step you can take today, to flex that open-mindedness muscle?



(S-1) Okay.

(S-2) It could be as simple as striking up a conversation with a stranger.

(S-1) Yeah.

(S-2) Trying a new food or just taking a moment to appreciate the beauty in your surroundings.

(S-1) Yeah. It's those small consistent actions.

(S-2) Yes.

(S-1) That ultimately lead to those big transformations.

(S-2) They do.

(S-1) Remember open-mindedness. It's not about achieving some perfect state.

(S-2) No.

(S-1) It's about embracing that journey...

(S-2) Yes.

(S-1) ...of continuous growth and expansion.

(S-2) Love it. So, okay. And speaking of journeys,

(S-1) Oh yes.

(S-2) Let's continue ours. We'll be right back to explore the father's final message to his children.

(S-1) Okay, I'm ready.

(S-2) And what it means for all of us seeking to live more open-mindedly.

(S-1) Cool.

(S-2) Stay tuned. We're back. And I am like still thinking about all this advice from this dad.

(S-1) You, too.

(S-2) It's like a master class in parenting, but also like a guide book for anyone who wants to be more open-minded.

(S-1) I agree. It's amazing how he combines, you know, the practical stuff with the philosophy.

(S-2) Yeah.

(S-1) Giving them the tools and the understanding.

(S-2) Yes. And in this the last part of his letter, he really brings it all together. With this beautiful message about like what's the real purpose

(S-1) Yeah.

(S-2) of being open-minded,

(S-1) Right. It's not just about getting by.

(S-2) Right. It's about thriving.

(S-1) Yeah. It's about making the most of life.

(S-2) And he talks about how open-mindedness can help us find joy in the simplest things.

(S-1) Yeah. Like the feeling of the sun on your skin or a good laugh. with a friend,

(S-2) like appreciating the beauty that's all around us.

(S-1) Right. If we just open our eyes to see it.

(S-2) Exactly. And it's also about embracing challenges as opportunities for growth. He reminds his kids that like setbacks are inevitable,

(S-1) Right. You're going to fail sometimes.

(S-2) Yeah. You're going to fail.

(S-1) That's part of life.

(S-2) But it's how we respond.

(S-1) Right. Your attitude.

(S-2) It defines us.

(S-1) Totally.

(S-2) And an open mind allows us to like reframe those experiences.

(S-1) Yeah.

(S-2) Learn from them,

(S-1) extract those lessons, and come out stronger on the other side.

(S-2) It's like he's giving them a resilience toolkit.

(S-1) He is.

(S-2) Right. Giving them the tools,

(S-1) the mental and emotional tools.

(S-2) Yes.

(S-1) To deal with those ups and downs.

(S-2) to navigate the ups and downs of life

(S-1) and to do it with grace.

(S-2) and a sense of purpose.

(S-1) That's cute.

(S-2) Which brings us to the purpose part.

(S-1) Yeah.

(S-2) The father really emphasizes,

(S-1) Okay.

(S-2) that open-mindedness isn't just about personal growth. It's about connecting with something larger than ourselves.

(S-1) I love that.

(S-2) And it's about using your unique gifts and talents to make a positive impact on the world.

(S-1) It's inspiring. He's not just raising kids.

(S-2) Yeah.

(S-1) He's raising future change makers, people who are going to approach the world with curiosity and empathy,

(S-2) and that desire to make a difference.

(S-1) Powerful stuff.

(S-2) It is. And he does it all with so much love and encouragement.

(S-1) You can feel it.

(S-2) It's so clear that he believes in his children, and their potential to really create these meaningful lives. This letter is a testament to the power of a parent's unwavering belief.

(S-1) Right. Because our beliefs about ourselves and the beliefs that other people have about us

(S-2) Yeah.

(S-1) can really shape our reality.

(S-2) It really can.

(S-1) And it makes me think about, you know, how we can all do that for each other.

(S-2) Yes.

(S-1) Not just our own kids, but like for everyone in our lives.

(S-2) What would the world be like if we all approached each other?

(S-1) Amen.

(S-2) With that level of belief and support.

(S-1) So, as we wrap up this deep dive,

(S-2) Yes.

(S-1) I want to leave you with this question.

(S-2) Okay.

(S-1) The father talks about finding joy in the simplest things.

(S-2) Yeah.

(S-1) What's one simple thing you can appreciate today?  
With a fresh perspective.

(S-2) I love that.

(S-1) Maybe it's the taste of your morning coffee.

(S-2) Yeah.

(S-1) A quick chat with a friend.

(S-2) Yeah.

(S-1) Or just feeling the sun in your face.

(S-2) Take a moment to appreciate it.

(S-1) Yeah. Really savor it.

(S-2) Because those little moments of joy, those little sparks of appreciation...

(S-1) Yes.

(S-2) ...are what keep us going.

(S-1) They keep our spirits bright and our minds open to all those possibilities.

(S-2) Absolutely.

(S-1) Well said.

(S-2) Thanks for joining us on this deep dive  
Yeah.

(S-2) into the power of open-mindedness.

(S-1) Such an important topic.

(S-2) We'll catch you next time for another fascinating exploration.

(S-1) Looking forward to it.

(S-2) Until then, stay curious.

End.

MP3: The Value and Power of Open-Mindedness

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# The Value and Power of Dedication

(S-1) Hey everyone and welcome back for another deep dive with us.

(S-2) Glad to be here.

(S-1) Today we're going to be looking at the power of dedication.

(S-2) Oh, very cool.

(S-1) And our source material is a letter from a father to his two kids, uh, Lac and An.

(S-2) Okay.

(S-1) So, Lack is 20 years old and An is 15.

(S-2) Got it.

(S-1) And it's really about how to apply dedication to those, you know, tricky young adult years.

(S-2) Right.

(S-1) But honestly, I think there's something in here for all of us.

(S-2) Yeah, for sure.

(S-1) No matter where we are in life.

(S-2) Absolutely.

(S-1) So, um, this father, he starts out by really defining what he means by dedication.



(S-2) Okay.

(S-1) And you know, it's interesting because it's not just about effort.

(S-2) Right.

(S-1) It's like he goes a level deeper.

(S-2) Yeah.

(S-1) And he defines it as like a wholehearted commitment. And he really emphasizes this idea that it has to be fueled by passion and self-respect.

(S-2) I like that.

(S-1) Yeah. And and then he even like uses this vivid image to kind of like drive home the point.

(S-2) Okay.

(S-1) He compares dedication to a stream.

(S-2) Okay.

(S-1) That's you persistently flowing despite all these obstacles in its path.

(S-2) Wow, that's really cool.

(S-1) Yeah, it's like, you know, that imagery really makes you think about how we approach our own like metaphorical boulders in life.

(S-2) For sure. For sure.

(S-1) You know, like it's not about brute force. It's about that consistent flur,

(S-2) Right.

(S-1) that steady commitment.

(S-2) Yeah.

(S-1) And over time, you know, it carves its path through anything.

(S-2) It's like a watershaping rock.

(S-1) Exactly.

(S-2) Yeah.

(S-1) Over time.

(S-2) Exactly.

(S-1) Yeah.

(S-2) So, as we go through this letter you know we see how he tailors his advice...

(S-1) Okay.

(S-2) to each of his kids you know unique challenges.

(S-1) Right, because they are at very different stages of life.

(S-2) Exactly.

(S-1) Yeah.

(S-2) So lack at 20 he's facing all these pressures, you know, like university figuring out his career wrestling with self-doubt all of that.

(S-1) Mhm.

(S-2) And the father really encourages him to see dedication as a source of strength.

(S-1) Mhm. Interesting.

(S-2) But also as a way to learn and grow from setbacks.

(S-1) So it's like It's not just about powering through. It's about like using those setbacks to learn and grow from them. Exactly.

(S-2) Yeah.

(S-1) It's like saying, "Hey, Lac life's going to throw you curveballs.

(S-2) Right.

(S-1) But if you face them with dedication, you're not only going to survive,

(S-2) you'll thrive.

(S-1) You're going to thrive.

(S-2) I love that.

(S-1) And then for An who's 15, you know, it's a whole different bowl game.

(S-2) Oh, yeah. Completely different challenges.

(S-1) Completely. Yeah. She's dealing with adolescence.

(S-2) Right. All the emotional ups and downs.

(S-1) Exactly. The emotional roller coaster. Peer pressure. All that self-discovery stuff.

(S-2) So much going on.

(S-1) And so the father really emphasizes, you know, self-love for her.

(S-2) Okay.

(S-1) Building inner strength, and focusing on personal growth.

(S-2) Yeah, that makes sense.

(S-1) But here's where it gets really interesting.

(S-2) Okay, I'm listening.

(S-1) He doesn't just leave it at these like big concepts,

(S-2) Right.

(S-1) He actually gives really concrete examples,

(S-2) Right.

(S-1) Of how to apply dedication in everyday life.

(S-2) Awesome.

(S-1) So for Lac, for example, he talks about this idea of finding beauty in the small things.

(S-2) Okay.

(S-1) And I love this example he uses. He talks about solving a math problem.

(S-2) Okay.

(S-1) And you know, at first they're like, what does that have to do with dedication,

(S-2) Right. It seems kind of random.

(S-1) Yeah. But it's not just about getting the answer.

(S-2) Oh!

(S-1) It's about like savoring the process.

(S-2) Okay.

(S-1) Really understanding the concepts, appreciating that journey of learning. It's like mindfulness applied to math homework.

(S-2) Mindfulness meets math.

(S-1) I like that.

(S-2) I know, right?

(S-1) That's cool.

(S-2) And then for side, he emphasizes patience in learning.

(S-1) Okay.

(S-2) And I think that's so important, especially today.

(S-1) Absolutely.

(S-2) Where everything feels so rushed.

(S-1) Right. It's all about speed and efficiency.

(S-2) Exactly. It's like you got to be the fastest the first.

(S-1) Yeah. Get it done, move on to the next thing.

(S-2) Exactly. And he's saying, "No."

(S-1) Yeah.

(S-2) Like slow down.

(S-1) Take your time.

(S-2) Take your time. Really understand each lesson.

(S-1) Right.

(S-2) Savor the details, and build those solid study. (S-2) habits that will serve her well throughout her life.

(S-1) It's a marathon, not a sprint.

(S-2) Exact. Yeah. Yeah. I like that.

(S-1) It's like he's saying, "And don't worry about being the fastest or the smartest. Just focus on really getting it."

(S-2) Yeah. Master the fundamentals.

(S-1) Exactly.

(S-2) Yeah.

(S-1) And then this ties into another piece of advice he gives both of them.

(S-2) Okay. What's that?

(S-1) Turning setbacks into stepping stones.

(S-2) Oh, that's huge.

(S-1) Yeah. It's so easy to get discouraged by failure.

Oh, for sure. Especially when you're young.

(S-1) Yeah.

(S-2) You feel like everything's the end of the world.

(S-1) Totally. And he's teaching teaching them to reframe those experiences...

(S-2) Oh!

(S-1) ...as opportunities for growth.

(S-2) I love that.

(S-1) It's like, you know, everyone stumbles,

(S-2) Right.

(S-1) It's part of life.

(S-2) It's inevitable.

(S-1) But it's how you respond that really matters.

(S-2) That's what defines you.

(S-1) Yeah. And that takes a certain level of like guts.

(S-2) It does. People reframe it.

(S-1) to like dream big, but also knowing

(S-2) Yeah.

(S-1) that you're going to face setbacks along the way.

(S-2) and not let those setbacks crush you.

(S-1) Exactly.

(S-2) Yeah.

(S-1) And that's where his advice about setting your sights high comes in.

(S-2) Ooh, tell me more about that.

(S-1) So, it's not just about like being ambitious.

(S-2) Okay.

(S-1) It's about connecting that ambition to dedication,

(S-2) Right. So, it's not just about wanting it. It's about putting in the work.

(S-1) Exactly. Yeah. You need that unwavering commitment.

(S-2) Yeah.

(S-1) To even attempt those big scary goals.

(S-2) Right.

(S-1) And he even quotes the philosopher Seneca.

(S-2) Ooh, I like Seneca.

(S-1) Yeah. He says, "It is not because things are difficult that we do not dare." It is because we do not dare that they are difficult.

(S-2) Oo, that's powerful.

(S-1) Right. Like a pep talk for the soul.

(S-2) I love that quote. It's awesome.

(S-1) And then for An.

(S-2) Yeah.

(S-1) You know, he also talks about this importance of focus.



(S-2) Focus. Yeah. That's huge.

(S-1) Especially in this world.

(S-2) Oh my gosh. So many distractions.

(S-1) So many distractions.

(S-2) Everywhere you turn.

(S-1) And he encourages her to minimize those distractions, especially, you know, when she's studying or working on important tasks. and really focus her energy on what matters most.

(S-2) So important.

(S-1) Yeah. Such a valuable skill, but it's also something we all struggle with.

(S-2) Oh, for sure.

(S-1) That constant battle for our attention,

(S-2) Right. It's like you almost have to dedicate yourself to focus.

(S-1) I know.

(S-2) To be able to dedicate yourself to anything else.

(S-1) It's like a meta dedication.

(S-2) Exactly.

(S-1) And then he also talks about dedication in relationships.

(S-2) Oh, I sure.

(S-1) And he reminds both of them that, you know, strong bonds require effort, patience, understanding. It's not just about showing up when it's easy.

(S-2) Yeah.

(S-1) It's about being there during those inevitable rough patches.

(S-2) Absolutely. Showing up for the hard stuff.

(S-1) Exactly. And he even says, you know, whether it's friendships or family that dedicated effort to communicate, to listen, to support one another.

(S-2) Yeah.

(S-1) That's what builds those lasting connections.

(S-2) That's what makes them strong.

(S-1) Exactly.

(S-2) I love that.

(S-1) And for an specifically,

(S-2) Yeah.

(S-1) he emphasizes this idea of like starting with herself.

(S-2) Oh, interesting.

(S-1) Like dedicating herself to her own well-being.

(S-2) Okay. Self-care.

(S-1) Yeah. Exactly. Like taking care of her physical and

mental health.

(S-2) Yeah.

(S-1) Whether that's eating well, staying active, getting enough rest.

(S-2) Love that.

(S-1) Or engaging in activities that nourish your soul.

(S-2) Right. Finding what brings you joy.

(S-1) Exactly. It's like he's saying, "An, you can't pour from an empty cup.

(S-2) You got to fill yourself up first."

(S-1) Yeah. Before you can truly dedicate yourself to others.

(S-2) Yeah. I love that.

(S-1) You need to dedicate yourself to taking care of yourself.

(S-2) Absolutely.

(S-1) Yeah. And he also encourages both of them to cultivate this spirit of generosity.

(S-2) Oh, that's cool.

(S-1) To give to others without expecting anything in return.

(S-2) So important.

(S-1) Yeah. Whether that's, you know, helping a friend with their homework, contributing to chores at home,

(S-2) just doing something nice for someone else.

(S-1) Exactly. Just those little acts of service

(S-2) without expecting anything in return.

(S-1) Exactly.

(S-2) Yeah.

(S-1) It's about recognizing that true fulfillment often comes from making a positive impact on the world around us.

(S-2) Yeah, that's beautiful.

(S-1) And ultimately, he reminds both of them.

(S-2) Yeah.

(S-1) That dedication isn't just a one-time effort. It's a daily practice,

(S-2) a way of life.

(S-1) It's a way of life. Yeah. It's the choices we make every day, the way we approach our work, our relationships, ourselves.

(S-2) Right. Those small daily actions.

(S-1) Exactly. And he even quotes the poet Roomie.

(S-2) Oh, I love Roomie.

(S-1) Yeah. He says, "Let the beauty of what you love be what you do."

(S-2) Wow. That's beautiful.

(S-1) Right. It's like he's tying dedication to passion.

(S-2) Yeah. Find what lights you up and pour your heart into it.

(S-1) Exactly. Like that's amazing.

(S-2) So, as we go through this letter,

(S-1) Yeah.

(S-2) we're going to be unpacking all of these ideas.

(S-1) Awesome.

(S-2) And looking at how we can apply them in our own lives.

(S-1) Yeah. Wait.

(S-2) But before we dive in, I just want to hear from you.

(S-1) Okay.

(S-2) What are your initial thoughts on this letter?

(S-1) Well, I'm really struck by how he manages to weave together these like practical tips.

(S-2) Yeah.

(S-1) With these really profound philosophical insights.

(S-2) It's true.

(S-1) And I think what resonates most with me

(S-2) is his emphasis on finding joy in the process.

(S-1) I love that.

(S-2) You know, it's not just about grinding yourself down, pushing through the tough stuff.

(S-1) It's about finding meaning and purpose.

(S-2) Yeah. Exactly. Like dedication isn't just about achieving goals. It's about living a fulfilling life.

(S-1) I love that.

(S-2) And I think he does a really good job of illustrating that.

(S-1) Yeah. You really got

(S-2) Through his examples and his advice.

(S-1) Yeah. And he doesn't just like throw out these vague concepts,

(S-2) Right.

(S-1) He actually gives you tools...

(S-2) Yeah. Practical advice

(S-1) ...to put it into practice.

(S-2) Yeah. Like that idea of embracing the beauty of small things.

(S-1) I know, right.

(S-2) That really resonated with me.

(S-1) Me too.

(S-2) And I think it's something we can all benefit from.

(S-1) Absolutely.

(S-2) No matter what we're working towards.

(S-1) Yeah. I think that's what makes this letter so powerful. It's not just a bunch of platitudes.

(S-2) Right.

(S-1) It's a real heartfelt conversation.

(S-2) Yeah. It feels very genuine

(S-1) between a father and his kids.

(S-2) Mhm.

A(S-1) and it's filled with practical wisdom and genuine love.

(S-2) Yeah.

(S-1) And you can really feel that love and concern in his words.

(S-2) Definitely.

(S-1) Like he's saying, "I know life can be tough, but I believe in you."

(S-2) Right.

(S-1) And I know you can handle it if you approach it with dedication.

(S-2) Such a powerful message.

(S-1) And I think that message is something we can all take to heart.

(S-2) For sure.

(S-1) No matter what stage of life we're at.

(S-2) Absolutely.

(S-1) So whether we're facing challenges in our careers, our relationships, or just trying to figure out who we are. Remembering to approach those challenges with that wholehearted commitment...

(S-2) Yeah.

(S-1) ...can make a world of difference.

(S-2) It really can.

(S-1) Yeah. So, let's dive into this letter.

(S-2) Awesome. I'm excited.

(S-1) And see what nuggets of wisdom we can uncover.

(S-2) Let's do it. Okay. So, where do we want to start with this letter?

(S-1) Well, I think it's interesting how he sort of divides it up, you know.

(S-2) Oh, right. Like tailored to each kid.

(S-1) Yeah. Like he gives each of them their own little section.

(S-2) Okay. Cool.

(S-1) With advice that's, you know, specific to their age and their challenges.



(S-2) Yeah.

(S-1) That makes sense. So, why don't we start with Lac?

(S-2) Okay. Yeah, let's see what wisdom he has for the 20-year-old.

(S-1) All right. So, for Lac, uh, one of the things that really stood out to me...

(S-2) Yeah.

(S-1) ...was this idea of embracing the beauty of small things.

(S-2) Oh, yeah. I remember that part.

(S-1) And he uses this example of solving a math problem,

(S-2) Right.

(S-1) But it's really about so much more than just math.

(S-2) Oh, totally. Yeah. It's like a metaphor

(S-1) To life in general.

(S-2) Yeah. It's about bringing that mindfulness and presence to even the most mundane tasks,

(S-1) like really slowing down and appreciating the process.

(S-2) Exactly. Yeah. Savor the process. Fully understand the concepts

(S-1) and find the joy in it.

(S-2) and appreciate the journey of learning.

(S-1) It's like he's saying, "Hey, Lac, don't just rush to the finish line.

(S-2) Right.

(S-1) Enjoy the scenery along the way."

(S-2) Exactly. And I think that's such a good reminder for all of us.

(S-1) Oh, absolutely.

(S-2) Especially in today's fast-paced world.

(S-1) Yeah. Where everything's go go go.

(S-2) So easy to get caught up in the hustle

(S-1) and just like bulldoze through everything

(S-2) and forget to appreciate those small moments

(S-1) of joy and discovery.

(S-2) Those little things that make life worth living.

(S-1) Exactly.

(S-2) Yeah.

(S-1) And then this ties into another piece of advice he gives lack.

(S-2) Okay. What's that?

(S-1) Turning setbacks into stepping stones.

(S-2) Oh yeah, that's a big one.

(S-1) And he even quotes uh Marcus Aurelius.

(S-2) Oh, cool.

(S-1) The Roman emperor and philosopher.

(S-2) Okay, I know Marcus Aurelius.

(S-1) Yeah. He says uh the impediment to action advances action.

(S-2) Hm.

(S-1) What stands in the way becomes the way.

(S-2) Wow, that's deep.

(S-1) Right. And it's like he's saying that those challenges we face,

(S-2) Yeah.

(S-1) they're not roadblocks,

(S-2) they're opportunities.

(S-1) They're opportunities for growth.

(S-2) Love that reason.

(S-1) It's a total mindset shift.

(S-2) It is. It's like you got to flip the script.

(S-1) And instead of viewing setbacks as failures,

(S-2) Yeah.

(S-1) we can see them as valuable lessons,

(S-2) Right. Like every mistake is a chance to learn.

(S-1) Exactly. And to evolve,

(S-2) to get better.

(S-1) Exactly.

(S-2) Yeah.

(S-1) And then speaking of mindset,

(S-2) Okay.

(S-1) he also encourages Lac to set his sights high.

(S-2) Oh, I like that.

(S-1) To be ambitious and go after what he truly wants.

(S-2) Yeah. Don't be afraid to dream big.

(S-1) Exactly.

(S-2) Yeah.

(S-1) And he uses this metaphor of an archer.

(S-2) Oh, cool. Tell me more.

(S-1) Aiming for a distant target.

(S-2) Okay.

(S-1) He says, “Lac, imagine yourself as an archer aiming for a distant target.”

(S-2) Mhm.

(S-1) To hit the mark, you must aim high.

(S-2) Okay.

(S-1) Draw back your bow string with all your might.

(S-2) Okay.

(S-1) And release the arrow.

(S-2) Oh.

(S-1) with unwavering focus.

(S-2) Wow. I love that imagery.

(S-1) Right. It's like he's saying, "Don't be afraid to dream big, Lac."

(S-2) Yeah.

(S-1) And then back up those dreams with dedicated effort.

(S-2) Put in the work.

(S-1) Exactly.

(S-2) Yeah.

(S-1) But it's not just about personal ambition.

Okay.

(S-1) He also reminds Lac that dedication isn't just about personal gain.

(S-2) Right. It's about more than just yourself.

(S-1) Exactly. It's about showing up for others,

(S-2) contributing to something bigger

(S-1) without expecting anything in return.

(S-2) Yeah. That selfless dedication.

(S-1) Yeah. He emphasizes that true fulfillment often comes from making a positive impact on the world around us.

(S-2) That's beautiful.

(S-1) And then for An who's at a completely different stage of life,

(S-2) Right. Yeah. She's got a whole different set of challenges.

(S-1) He offers a different set of wisdom nuggets.

(S-2) Okay. Let's hear it.

(S-1) So for your day and he really stresses the importance of patience in learning.

(S-2) Patience. Yeah. That's so important,

(S-1) especially at that age.

(S-2) Oh yeah. When you're young and you want to learn everything so fast,

(S-1) you want to know it all right now.

(S-2) Exactly.

(S-1) And he writes, uh, "An, I know you're eager to learn and grow, but remember that true understanding takes time."

(S-2) So true.

(S-1) Embrace a slow and steady approach to your studies.

(S-2) Yeah.

(S-1) Savoring the details and building those solid study habits that will serve you well throughout your life.

(S-2) It's about building that foundation.

(S-1) Exactly.

(S-2) For lifelong learning.

(S-1) It's like he's saying, “An, don't get caught up in the pressure,

(S-2) Right.

(S-1) to be the fastest or the smartest.

(S-2) Just focus on the pro process.

(S-1) Just focus on truly absorbing the knowledge.

(S-2) Yeah.

(S-1) And the results will follow.

(S-2) I love that.

(S-1) And then in a world full of distractions.

(S-2) Oh yeah, she's got to be dealing with that.

(S-1) He also highlights the importance of focus for An

(S-2) Focus. Yeah, that's huge.

(S-1) He writes, “An, the world is a noisy place full of distractions.”

(S-2) So true.

(S-1) That can pull you away from your goals.

(S-2) That's like a constant battle.

(S-1) Learn to cultivate the art of focus, minimizing those distractions and directing your energy,

(S-2) Okay.

(S-1) toward is what truly matters.

(S-2) Prioritize.

(S-1) Exactly.

(S-2) Yeah.

(S-1) He even suggests creating a dedicated study space.

(S-2) Oh, that's a good idea.

(S-1) Free from distractions like phones and social media.

(S-2) Create that little sanctuary.

(S-1) Yeah. It's about creating an environment.

(S-2) Yeah.

(S-1) That supports deep focus and concentration.

(S-2) I love that.

(S-1) It's almost like he's saying, "An, you have the power

(S-2) Yeah.

(S-1) to shape your environment



(S-2) to create the conditions for success.”

(S-1) And create the conditions for success.

(S-2) I love that.

(S-1) And just like he did with Lac.

(S-2) Yeah.

(S-1) He emphasizes the importance of dedication in relationships. For any

(S-2) relationships, yeah, those are important at any age.

(S-1) He reminds her that strong bonds require effort. Patients understand,

(S-2) especially during the teenage years,

(S-1) especially during those inevitable rough patches.

(S-2) Oh, yeah. There's going to be drama

(S-1) that we all experience.

(S-2) It's part of growing up.

(S-1) And he writes, uh, An, remember that relationships are like gardens.

(S-2) Oh, I like that.

(S-1) They require constant care and attention to flourish.

(S-2) It's a beautiful analogy.

(S-1) Dedicate yourself to nurturing those connections, being present for your loved ones, and showing up for them, especially when they need you most.

(S-2) Wow, that's powerful.

(S-1) Right.

(S-2) He's really hitting on something important there.

(S-1) He's really good with these metaphors.

(S-2) He is. He's like a poet.

(S-1) I know, right?

(S-2) Yeah.

(S-1) And then for he specifically emphasizes

(S-2) Okay.

(S-1) the importance of starting with herself,

(S-2) Oh, interesting.

(S-1) of dedicating herself to her own well-being.

(S-2) Self-care.

(S-1) Yeah. Exactly. He writes, “An, before you can fully dedicate yourself to others, you must first dedicate yourself to your own wellbeing.

(S-2) You got to fill your own cup first.

(S-1) Nurture your physical and mental health. Engage in activities that bring you joy.”

(S-2) Okay.

(S-1) And cultivate those inner strengths that will sustain you through life's challenges.

(S-2) It's about building that resilience.

(S-1) Exactly.

(S-2) The inside out.

(S-1) It's such an important reminder for all of us. Really?

(S-2) Oh, for sure.

(S-1) We can't pour from an empty cup.

(S-2) You can't give what you don't have.

(S-1) Exactly. We need to prioritize our own well-being.

(S-2) Yeah.

(S-1) In order to show up fully for others.

(S-2) Absolutely.

(S-1) And then he encourages her to cultivate a spirit of generosity.

(S-2) Oh, that's cool.

(S-1) To give to others without expecting anything in return.

(S-2) Yeah. Selfless service,

(S-1) He writes, “An, remember that true happiness often comes from making a positive difference in the world.”

(S-2) I love that.

(S-1) Dedicate yourself to acts of kindness, compassion, and service.

(S-2) Okay.

(S-1) And watch as your life becomes richer and more meaningful.

(S-2) Wow, that's beautiful.

(S-1) It's about recognizing that we're all interconnected.

(S-2) Yeah. And that our actions, no matter how small,

(S-1) can have a ripple effect,

(S-2) like a butterfly effect.

(S-1) Exactly. On those around us.

(S-2) I love that.

(S-1) And ultimately, he reminds both of his children that dedication

(S-2) Yeah.

(S-1) isn't a one-time effort,

(S-2) Right.

(S-1) It's a daily practice.

(S-2) A way of life.

(S-1) A way of life.

(S-2) Yeah.

(S-1) He writes, “Lac and remember that dedication is not a destination. It's a journey.

(S-2) It's about the process.

(S-1) It's the choices we make every day.

(S-2) Mhm.

(S-1) The way we approach our work, our relationships, and ourselves,

(S-2) Right. Those small daily actions.

(S-1) It's about showing up consistently, putting in the effort.

(S-2) Yeah.

(S-1) And embracing the process even when it's challenging.

(S-2) You got to keep showing up.

(S-1) And he even quotes Maya Angelou.

(S-2) Oh, Maya Angelou.

(S-1) Yeah. He says, “Nothing will work unless you do.”

(S-2) Wow. That's powerful,

(S-1) Right. It's such a simple.

(S-2) Yeah.

(S-1) But powerful reminder.

(S-2) Like you can't just sit around and wait for things to happen.

(S-1) You got to take action.

(S-2) You got to make it happen.

(S-1) Exactly.

(S-2) Yeah.

(S-1) That action is the key to bringing our dreams to life.

(S-2) I love that.

(S-1) And he reminds them that while life will inevitably present challenges,

(S-2) Right. Life's not always easy.

(S-1) Dedication is the key to unlocking opportunity,

(S-2) Yeah.

(S-1) and achieving success.

(S-2) It's like that secret ingredient.

(S-1) He encourages them to have faith in themselves,

(S-2) self-belief,

(S-1) and to never give up on their dreams.

(S-2) So important.

(S-1) So, what do you think?

(S-2) I think that's amazing.

(S-1) Right.

(S-2) Like, he's packed so much wisdom into this one letter.

(S-1) Into this letter.

(S-2) It's incredible.

(S-1) I know. It's like a master class.

(S-2) It is in dedication

(S-1) and how to live a good life.

(S-2) And I love how he tailored it to each of his kids.

(S-1) Yeah. It's like he really knows them.

(S-2) He does.

(S-1) And he knows what they need to hear

(S-2) and he delivers it

(S-1) at this point in their lives

(S-2) in such a loving and supportive way. It's really beautiful.

(S-1) So, we've really gone deep into this letter, haven't we?

(S-2) We have. It's amazing how much he packed into it.

(S-1) I know. It's like whole philosophy of life,

(S-2) Right. And it's not just theory. It's practical advice, too.

(S-1) Yeah. Like actionable steps you can take

(S-2) to cultivate dedication in your own life.

(S-1) It's really inspiring.

(S-2) It is.

(S-1) And it makes you think about, you know, what are the key takeaways?

(S-2) Yeah. What are the big lessons we can learn from this?

(S-1) So, for you, what really stood out?

(S-2) Well, I think the thing that resonated most with me

(S-1) Yeah.

(S-2) was this idea of finding joy in the process.

(S-1) Oh, yeah. I love that part.

(S-2) It's not about gritting your teeth and just pushing through.

(S-1) Right. It's not just about endurance.

(S-2) It's about finding that deeper meaning.

(S-1) Yeah.

(S-2) And purpose in what you do.

(S-1) Like finding the beauty in the everyday.

(S-2) Exactly. It's like he's saying dedication isn't just about achieving goals. It's about living a fulfilling life.

(S-1) And I think that's what makes this letter so powerful.



(S-2) Yeah.

(S-1) It's not just some abstract concept,

(S-2) Right. It's grounded in reality.

(S-1) It's a real conversation.

Yeah. Between a father and his kids

(S-1) with real advice.

(S-2) Yeah. And you can feel the love in it.

(S-1) Oh, absolutely.

(S-2) He genuinely cares about their well-being.

(S-1) And he wants them to succeed.

(S-2) Not just in the world, but in life.

(S-1) Yeah. Like to be happy and fulfilled.

(S-2) Exactly.

(S-1) I think that's a message we can all take to heart. No matter what stage of life we're in,

(S-2) whether you're 20 or 50 or 80.

(S-1) Yeah. Those principles of dedication,

(S-2) they're universal.

(S-1) They apply to everyone.

(S-2) Yeah.

(S-1) So, as we wrap up this deep dive,

(S-2) Okay.

(S-1) I want to leave you with a thought to ponder.

(S-2) Oh, I'm listening.

(S-1) Think about an area of your life,

(S-2) Okay.

(S-1) Where you could benefit from a little more dedication?

(S-2) Humm, that's a good question.

(S-1) It could be a project you've been putting off,

(S-2) Right.

(S-1) a skill you want to learn,

(S-2) or even a relationship.

(S-1) Yeah. Or a relationship that needs a little extra care.

(S-2) That's true.

(S-1) And ask yourself,

(S-2) Okay.

(S-1) what's one small step you can take today to bring more of that wholehearted commitment to that area?

(S-2) Like, what's one tiny action, I can take right now?

(S-1) It doesn't have to be a huge leap.

(S-2) Right. Just a small step in the right direction,

(S-1) But it can set you on a more fulfilling path.

(S-2) Yeah, I love that.

(S-1) And remember, dedication isn't about being perfect,

(S-2) Right.

(S-1) Or never failing.

(S-2) It's about progress, not perfection.

(S-1) It's about showing up consistently.

(S-2) Yeah. Just keep showing up,

(S-1) putting in the effort.

(S-2) Putting in the effort

(S-1) and embracing the journey,

(S-2) even when it's challenging,

(S-1) even when it's hard.

(S-2) And I think that's the beauty of dedication.

(S-1) Yeah.

(S-2) It's not about the destination.

(S-1) It's about the journey.

(S-2) It's about the journey

(S-1) and the growth along the way.

(S-2) Exactly.

(S-1) Yeah.

(S-2) So, keep learning, keep growing,

(S-1) and keep those streams of dedication flowing.

(S-2) That's it for our deep dive into the power of dedication.

(S-1) Thanks for having me.

(S-2) Thanks for joining us.

End.

Mp3: The Value and Power of Dedication

<https://moingaymotchuyen.com/Dedication>

## The Value and Power of Clear Purpose

(S-2) All right. So, today we're going to really dig into this whole idea of purpose.

(S-1) Okay.

(S-2) You know, like that thing everybody keeps telling us we need to find, right?

(S-1) Right.

(S-2) We've got some uh excerpts from this letter.

(S-1) Okay.

(S-2) That a father wrote to his two kids.

(S-1) Interesting.

(S-2) Lac who is 20 and then An who is just 15.

(S-1) Okay.

(S-2) And the cool thing about it is he's not just like, you know, throwing out these motivational quotes or anything. He's giving them like a practical road map.

(S-1) There's it's like he's distilled years of wisdom into this like how-to guide.

(S-2) Exactly.

(S-1) For navigating life.

(S-2) Yeah. And I think what really stood out to me,

(S-1) Okay.

(S-2) was this whole way he frames it.

(S-1) Yeah.

(S-2) He uses this analogy of life as a river.

(S-1) Oh, wow.

(S-2) Which when you think about it is actually pretty spot-on.

(S-1) It is.

(S-2) You've got like the calm stretches and you've got like those unexpected twists and turns. Sometimes you hit the rapids, you know.

(S-1) Absolutely. And he makes this point that like without a sense of purpose. It's like you're just drifting along.

(S-2) Oh, totally.

(S-1) You're at the mercy of the current.

(S-2) Yeah.

(S-1) Like a leaf just caught in the flow, you know, just getting tossed around,

(S-2) Right.

(S-1) But when you have purpose,

(S-2) Yes.

(S-1) It's like you have this ore.

(S-2) Okay.

(S-1) This way to kind of steer.

(S-2) You have control.

(S-1) You can navigate, make sure you're going in the direction you want to go.

(S-2) Such a good image.

(S-1) It is powerful.

(S-2) And he really emphasizes this idea that purpose is like an inner strength. Like you can't

(S-1) just not something

(S-2) Google it.

(S-1) You can't Google it.

(S-2) You can't find it in a fortune cookie.

(S-1) Right. Exactly.

(S-2) It's something you really have to cultivate within yourself.

(S-1) It really is. And he sees it as this anchor.

(S-2) Yes.

(S-1) That keeps you grounded.

(S-2) Mhm.

(S-1) When things get rough,

(S-2) you can always come back to

(S-1) when you feel lost or overwhelmed.

(S-2) Yeah. And it makes you think like

(S-1) It does.

(S-2) what would that anchor be for you?

(S-1) It really does make you wonder,

(S-2) you know?

(S-1) Yeah.

(S-2) When you're in those moments.

(S-1) Sure.

(S-2) Now what I thought was really insightful was how this dad tailored his advice to each kid's age.

(S-1) Oh, interesting.

(S-2) And the specific things they were going through

(S-1) Okay.

(S-2) because let's be real, like being 20 comes with its own set of pressures.

(S-1) It really does.

(S-2) you know.

(S-1) Oh, yeah.

(S-2) So, Lac is facing this academic stress, figuring out, you know, a career path,

(S-1) Right.

(S-2) Probably battling some self-doubt, too.



(S-1) Yeah. Like he's at that point where the river is widening.

(S-2) Yes.

(S-1) And there's all these different branches he could take.

(S-2) Totally.

(S-1) It can be pretty daunting.

(S-2) It can. And then you've got An who's 15.

(S-1) 15. Yeah.

(S-2) And going through all those classic

(S-1) the classic teenage struggles.

(S-2) Teenage. Yeah.

(S-1) Trying to figure out who she is.

(S-2) Yeah.

(S-1) Peer pressure. Probably comparing herself to everyone on social media.

(S-2) Oh yeah.

(S-1) Could any of that sound

(S-2) Oh my god.

(S-1) familiar back in the day.

(S-2) Yeah.

(S-1) Yeah.

(S-2) Big time.

(S-1) But you know what's interesting is the father's message for both of them is really clear.

(S-2) What's that?

(S-1) Challenges are inevitable.

(S-2) Okay.

(S-1) They're part of the river's natural course. You know,

(S-2) we can't avoid them.

(S-1) You can't avoid them. But having that strong sense of purpose

(S-2) Mhm.

(S-1) that's what helps you stay afloat.

(S-2) I love that. Okay. So, how does he actually suggest they do that?

(S-1) Well, he has this amazing quote.

(S-2) Okay.

(S-1) He tells Lac, "Failure isn't the end point.

(S-2) Okay.

(S-1) It's merely part of growing up." It's like he's reframing this whole idea messing up

(S-2) instead of it being a sign that you're off course. It's just part of learning how to steer.

(S-1) Exactly.

(S-2) Yeah.

(S-1) He even says true maturity comes from understanding your desires.

(S-2) Okay.

(S-1) And persistently pursuing your purpose.

(S-2) So it's not enough to just have the ore. You got to like

(S-1) you got to row

(S-2) the work.

(S-1) You got to put in the work.

(S-2) Yeah.

(S-1) It's that combination of knowing yourself,

(S-2) Right.

(S-1) Knowing where you want to go, and then actually, you know, rowing the boat.

(S-2) Okay. So, this is where this dad gets like really tactical.

(S-1) Yes, he does.

(S-2) He doesn't just tell them to find their purpose.

(S-1) No.

(S-2) He gives them actual action plans.

(S-1) He gives them a plan. I was blown away.

(S-2) Yeah.

(S-1) By how practical this letter gets.

(S-2) It is.

(S-1) He breaks it down into these specific steps tailored for each of them.

(S-2) So, let's look at Lac's plan first.

(S-1) Okay.

(S-2) It's all about structure and building like solid habits,

(S-1) Right. It's almost like a productivity boot camp.

(S-2) Yes, exactly.

(S-1) Daily goals, weekly planning, breaking down big tasks into smaller chunks, managing time effectively.

(S-2) Yeah.

(S-1) He even stresses the importance of morning routines.

(S-2) Okay.

(S-1) And like regularly reviewing your progress.

(S-2) It's like building a dam to control the flow of the river.

(S-1) It is. It's like he's giving him the tools.

(S-2) Yes.

(S-1) To create his own personal flow state.

(S-2) I like that.

(S-1) To harness that river's energy.

(S-2) Okay. Now, what about An

(S-1) Okay. So, An

(S-2) her plan seems to be geared towards something a little bit different.

(S-1) It is. He wants her to develop that self-awareness.

(S-2) Okay.

(S-1) And make choices that align with who she wants to be. He talks about setting both short-term and long-term goals.

(S-2) Oh, that's interesting.

(S-1) It is, isn't it? Because it forces you to think about

(S-2) Yeah.

(S-1) where you are now, where you want to be in a year, and even further down the line,

(S-2) Right. It's almost like mapping out these different points.

(S-1) Yes.

(S-2) Along your journey on the river.

(S-1) Exactly.

(S-2) So, what else does he suggest for her?

(S-1) Well, he emphasizes single tasking.

(S-2) Oh.

(S-1) Which I thought was so fascinating

(S-2) in today's world of constant distractions. That's kind of a radical idea.

(S-1) It is. It's kind of a radical idea. But maybe he's on to something. You know, focusing on one thing at a time could really help someone like an Africy.

(S-2) Yeah.

(S-1) Feel more in control.

(S-2) Especially with all that pressure she's facing.

(S-1) Especially with all that pressure. Yeah.

(S-2) Right.

(S-1) And he also talks about making decisions and sticking to them.

(S-2) Okay.

(S-1) Viewing failure as a learning experience, building self-confidence, and seeking support when she needs it.

(S-2) So, it's like he's giving her the skills to navigate those rapids we were talking about.

(S-1) Exactly.

(S-2) It's like he's giving her those tools

(S-1) to navigate those rough waters.

(S-2) And I bet a lot of those strategies could apply to adults, too.

(S-1) They totally could,

(S-2) Right.

(S-1) Who couldn't use a little more self-confidence or support?

(S-2) Serious.

(S-1) Sometimes, you know,

(S-2) Sometimes.

(S-1) Yeah. Like life jackets.

(S-2) Yes.

(S-1) Helping us stay afloat no matter what the river throws at us.

(S-2) Yeah. Okay. So, we've got these two very detailed action plans.

(S-1) We do.

(S-2) What are some of the techniques?

(S-1) Okay.

(S-2) That really stood out to you.

(S-1) Well, I think the emphasis on small steps is brilliant.

(S-2) Okay.

(S-1) It's so easy to get overwhelmed by big goals.

(S-2) Right.

(S-1) Like you look at the map of the whole river and you just feel intimidated.

(S-2) Yes.

(S-1) But by breaking things down into those bite-sized pieces, it's like you're focusing on just the next bend.

(S-2) Okay.

(S-1) The next stretch of water.

(S-2) Yeah.

(S-1) It makes the journey feel more manageable.

(S-2) I like that. And I was really struck by this point about reviewing your day even if you didn't get everything done.

(S-1) Right. He's not advocating for beating yourself up.

(S-2) No.

(S-1) Over what you didn't accomplish. It's more about taking stock,

(S-2) Okay.

(S-1) learning from your experiences, and maybe adjusting your course for the next day.

(S-2) Okay.

(S-1) Like checking your compass, making sure you're still headed in the right direction.



(S-2) Okay, that makes sense.

(S-1) Yeah.

(S-2) Now, what about this advice about making consistent decisions? Why do you think that's so important?

(S-1) You know, I think it's because it builds self-trust,

(S-2) Okay.

(S-1) and momentum every time you make a decision and you follow follow through. Even if it's something small,

(S-2) Okay.

(S-1) it reinforces your belief and your ability to steer your own boat, so to speak. It helps you build that inner compass, that sense of knowing what you want and going after it.

(S-2) So, it's like you're strengthening your rowing muscles.

(S-1) Exactly.

(S-2) Making it easier to navigate those rapids.

(S-1) It is. And it ties into the bigger picture of taking ownership of your life.

(S-2) Yeah.

(S-1) You know, you're not just drifting along.

(S-2) Right.

(S-1) You're actively choosing your path.

(S-2) Yes.

(S-1) Navigating the river with intention.

(S-2) All right. So, we've covered a lot.

(S-1) We have.

(S-2) If we kind of step back and look at all this wisdom.

(S-1) Yeah.

(S-2) What are the key takeaways?

(S-1) Okay.

(S-2) What are the universal themes that we can all apply to our own lives no matter what stage we're at?

(S-1) I'd say it comes down to a few things.

(S-2) Okay.

(S-1) Persistence.

(S-2) Okay.

(S-1) Self-awareness.

(S-2) Mhm.

(S-1) Taking action and seeking support.

(S-2) Yeah.

(S-1) Those are like the ores, the life jackets, the compass, you know, those essential tools.

(S-2) Yes.

(S-1) For navigating that river of life.

(S-2) It's like this father is giving us the map.

(S-1) He is.

(S-2) and the equipment.

(S-1) He's giving us everything we need.

(S-2) Yeah.

(S-1) For this journey. It's pretty amazing.

(S-2) Pretty amazing.

(S-1) Yeah.

(S-2) And it makes you wonder.

(S-1) It does.

(S-2) We've talked a lot about how to find purpose, the techniques,

(S-1) the technique,

(S-2) the mindset,

(S-1) the mindset,

(S-2) but we don't actually know what Lac and An

(S-1) we don't passionate about

(S-2) what are they rowing towards?

(S-1) What are their purposes?

(S-2) What's around that next bend in their rivers.

(S-1) Yeah.

(S-2) It's like this beautiful open question.

(S-1) Mhm.

(S-2) That the father leaves us to ponder.

(S-1) Yes.

(S-2) And maybe it's a question we should all be asking ourselves.

(S-1) It is.

(S-2) Yeah.

(S-1) It really does.

(S-2) It's a great question.

(S-1) Like what are those things that light us up, you know?

(S-2) Yeah.

(S-1) What are those currents?

(S-2) What are those currents

(S-1) that pull us

(S-2) that pull us in a certain direction?

(S-1) In a certain direction.

(S-2) Yeah. And how can we use these techniques, these tools that he's given us to follow those currents? And you know, navigate towards

(S-1) Yeah.

(S-2) what truly matters to us.

(S-1) I love that.

(S-2) It's like he's given us the framework,

(S-1) Right.

(S-2) And now it's up to us to fill in the canvas with our own colors, our own passions.

(S-1) You bring up such a good point, though.

(S-2) Yeah.

(S-1) It's not one size fits-all.

(S-2) It's not,

(S-1) you know, each person's river is going to look different. Every river is going to look different. Every journey is going to look different.

(S-2) Journey. Yeah.

(S-1) And it's not a static destination either,

(S-2) Right.

(S-1) It's a process. It's constantly evolving of continual discovery.

(S-2) Yeah.

(S-1) Rivers are const constantly changing, evolving, you know, there might be calm stretches. There may be unexpected waterfalls.

(S-2) Totally.

(S-1) New tributaries joining the flow

(S-2) and you might even need to like change course completely.

(S-1) Absolutely.

(S-2) To navigate around an obstacle or, you know, explore a new path.

(S-1) Exactly. It's about being adaptable.

(S-2) Yes.

(S-1) Staying open to those changes.

(S-2) Uh-huh

(S-1) And trusting.

(S-2) Trusting that you have the skills to navigate them.

(S-1) Yeah. That you can figure it out.

(S-2) It's not just about like finding your purpose. It's about living it.

(S-1) Yes.

(S-2) Day by day.

(S-1) Day by day. Yeah.

(S-2) And allowing it to

(S-1) to evolve as you do.

(S-2) Evolve. Yeah.

(S-1) I love that. And you know, it reminds me of something else the father emphasizes.

(S-2) Yeah.

(S-1) The importance of seeking support.

(S-2) Yes.

(S-1) Along the way.

(S-2) You don't have to do it all alone.

(S-1) You don't have to go it alone. It's like acknowledging that even the most experienced river guides sometimes need help.

(S-2) Yeah.

(S-1) Navigating tricky waters.

(S-2) You need someone to help you, you know? bail out the boat when it springs a leak.

(S-1) Absolutely.

(S-2) Yeah.

(S-1) You know, you need someone to throw you a rope.

(S-2) Yeah.

(S-1) Sometimes, and you know, the father's emphasis on support

(S-2) Mhm.

(S-1) is a really powerful reminder,

(S-2) Okay.

(S-1) that connection is essential.

(S-2) Yeah.

(S-1) Not just for practical help, but for emotional resilience.

(S-2) Oh, totally. Like having people, you know,

(S-1) having people who believe in you, who cheer you on.

(S-2) Yeah. When the current feels strong.

(S-1) When the current feels really strong.

(S-2) Yeah.

(S-1) Yeah.

(S-2) It's like having a team of rowers

(S-1) is.

(S-2) all working together.

(S-1) All working together to navigate that river.

(S-2) To get down that river.

(S-1) Yeah. It makes the journey a lot more enjoyable.

(S-2) So much less daunting.

(S-1) A lot less daunting.

(S-2) And I think that's one of the most powerful things about this letter is this idea that like even in the midst of challenges, even when we feel lost or uncertain,

(S-1) Yes.

(S-2) there's always hope.



(S-1) There's always hope.

(S-2) There's always a possibility of finding our way back to our purpose, to our flow.

(S-1) to our own unique flow.

(S-2) And that's a really encouraging message.

(S-1) It is a really encouraging message,

(S-2) you know,

(S-1) for all of us. It's a reminder

(S-2) all of us

(S-1) that we have the power to choose our direction to learn and grow.

(S-2) Yeah.

(S-1) From our experiences,

(S-2) Okay.

(S-1) and to create a life that feels meaningful and fulfilling.

(S-2) So, as we wrap up our deep dive into this father's incredible advice,

(S-1) Yeah.

(S-2) what stands out to you the most?

(S-1) You know, I think the thing that resonates with me the most is the power of perspective.

(S-2) Okay.

(S-1) The way this father frames challenges, you know, failure, even the whole idea of life as a river.

(S-2) Yeah.

(S-1) It's like he's giving us this new lens.

(S-2) I like that.

(S-1) To view our own experiences,

(S-2) a new way of seeing things.

(S-1) A new way of seeing things. Exactly.

(S-2) And it's this reminder that we have more control

(S-1) Yes.

(S-2) than we sometimes realize.

(S-1) We really do.

(S-2) We can choose how we interpret those currents,

(S-1) how we respond to the rapids.

(S-2) Yeah.

(S-1) And ultimately what direction

(S-2) what direction we want to go in.

(S-1) We want to head in.

(S-2) Beautifully said.

(S-1) Thank you.

Well, a huge thank you to you,

(S-1) Of course,

(S-2) for joining me on this deep dive.

(S-1) It's been a pleasure being here.

(S-2) It's been an incredible journey...

(S-1) You really have.

(S-2) ...exploring the depths of this father's wisdom.

(S-1) Absolutely.

(S-2) And I encourage everyone listening to take these insights.

(S-1) Yes.

(S-2) And apply them to your own life.

(S-1) What are your passions?

(S-2) What are those currents that pull you forward?

(S-1) What are those things? that make you want to get up in the morning.

(S-2) Wow. It's been uh really insightful.

(S-1) It has.

(S-2) exploring this father's letter, you know.

(S-1) Yeah. It's amazing.

(S-2) Unpacking all this wisdom.

(S-1) Yeah.

(S-2) And you know what strikes me is sometimes the most profound advice comes from like the simplest acts like a parent sharing their heart with their kids. You know,

(S-1) it's a simple letter.

(S-2) Yeah. And it's like he's passing down not just life lessons but like a whole way of

(S-1) a whole way of navigating the world.

(S-2) Navigating the world.

(S-1) Yeah.

(S-2) Yeah.

(S-1) And what's remarkable is how relevant it feels.

(S-2) Oh, totally.

(S-1) You know, for everyone. We may not all be facing the exact same challenges as Lac and An,

(S-2) Right.

(S-1) But who hasn't felt lost or uncertain?

(S-2) Oh, yeah.

(S-1) Or like they were just drifting along

(S-2) at some point. Yeah.

(S-1) At some point, right?

(S-2) Sure.

(S-1) And this father's words,

(S-2) Yeah.

(S-1) they offer a way to find that inner compass, to grab hold of that ore and start steering.

(S-2) And the best part is he doesn't just leave us with this vague idea of finding your purpose,

(S-1) Right.

(S-2) He gives us like a toolbox.

(S-1) He does.

(S-2) full of strategies.

(S-1) Strategies.

(S-2) Yeah. Whether it's setting daily goals or embracing small steps or learning from those stumbles, you know.

(S-1) Absolutely.

(S-2) He's given us a way to translate

(S-1) those big abstract ideas into concrete actions.

(S-2) He's empowering us to take ownership.

(S-1) Yes.

(S-2) To become active participants in our own lives.

(S-1) And that I think is the true gift

(S-2) I think so too.

(S-1) Of this letter.

(S-2) Yeah.

(S-1) It's this reminder that we're not just passengers on this,

(S-2) and we are the captains.

(S-1) I am the captains. Yeah.

(S-2) Of our own ships.

(S-1) So beautifully said.

(S-2) Thank you.

(S-1) So as we wrap up this deep dive.

(S-2) Yeah.

(S-1) I want to leave you with one final thought.

(S-2) Okay.

(S-1) We've talked a lot about the how.

(S-2) The how.

(S-1) The finding purpose, those techniques, those mindsets, you know, that help us move forward. But this letter sparked a question for me.

(S-2) Okay.

(S-1) And maybe for you, too.

(S-2) Yeah.

(S-1) What are those unique passions and desires?

(S-2) What are those things

(S-1) that drive each of us

(S-2) that light us up?

(S-1) What are we rowing towards?

(S-2) Yeah, we rowing toward

(S-1) and our own journeys.

(S-2) It's a question worth pondering.

(S-1) It is.

(S-2) because the answers is going to be different for everyone.

(S-1) Yeah.

(S-2) Maybe it's a creative pursuit,

(S-1) a professional ambition,

(S-2) Right.

(S-1) A deep connection with loved ones or a cause that sets your soul on fire. Whatever it is.

(S-2) Yeah.

(S-1) This father's wisdom reminds us that it's out there.

(S-2) It is.

(S-1) waiting to be discovered.

(S-2) And with the right tools and a little courage,

(S-1) Yes.

(S-2) we can navigate our way towards it,

(S-1) We can.

(S-2) creating lives that are both meaningful and fulfilling.

(S-1) Absolutely.

(S-2) So to everyone listening.

(S-1) Yes.

(S-2) Thanks for joining us on this deep dive.

(S-1) Thank you for having me.

(S-2) We hope this father's wisdom has sparked something in you.

(S-1) inspired you.

(S-2) Inspired you to grab your ore.

(S-1) Yes.

(S-2) And chart your own course.

(S-1) Charge your own course.

(S-2) Keep exploring. Keep rowing.

(S-1) Keep rowing.

(S-2) And keep that river of life flowing strong.

(S-1) Beautiful.

End.

Mp3: The Value and Power of Clear Purpose

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# The Value and Power of Loneliness

(S-1) Right. Today we're diving into well something a little different.

(S-2) Yeah.

(S-1) It's this letter.

(S-2) Okay.

(S-1) From a father

(S-2) Interesting

(S-1) to his kids. Two kids, Lac who's 20 and An who's 15.

(S-2) Right.

(S-1) And it's about loneliness. But it's not what you might think.

(S-2) I see.

(S-1) Instead of like warning them about it.

(S-2) Yeah.

(S-1) He actually encourages them to embrace it.

(S-2) Embrace loneliness. That's that's kind of a new take.

(S-1) It is. That's right. So, we're going to look at like could loneliness actually be a

(S-2) a good thing?

(S-1) a source of strength.

(S-2) A source of strength. Okay.

(S-1) Yeah.

(S-2) All right. So,

(S-1) let's find out.

(S-2) Yeah. Let's jump in. What I find really interesting right off the bat is this, uh this kind of like shift in how we usually view loneliness. You know, it's usually seen as a

(S-1) bad thing.

(S-2) Negative. Yeah. But this father is like, "No, it's actually it's a

(S-1) like a catalyst.

(S-2) It can help you grow." Yeah.

(S-1) Yeah.

(S-2) He even uses this really like striking image

(S-1) Oh yeah.

(S-2) of a bamboo tree, standing alone in the wind, to kind of show how being alone can actually make you

(S-1) more resilient.

(S-2) more resilient. Exactly. It's like, you know, it can weather the storm

(S-1) Interesting.

(S-2) because it's had to stand on its own.

(S-1) Yeah. It makes you think about like the whole idea that we need to always be surrounded by people. Yeah.

(S-2) Yeah. It kind of challenges that, doesn't it?

(S-1) It does.

(S-2) Like maybe sometimes giving back actually helps us find

(S-1) Yeah.

(S-2) Strengths that we didn't know we had.

(S-1) Strengths that we didn't even know. Yeah. Like hidden strengths.

(S-2) It's like when you're alone, you have to kind of confront yourself.

(S-1) Yeah.

(S-2) You know, you have to really dig deep and find those inner resources.

(S-1) Okay.

(S-2) It's almost like like a test, you know?

(S-1) Like a test. Like a challenge.

(S-2) Yeah. Like a crucible.

(S-1) Okay. Yeah. I like that.

(S-2) Yeah. For growth.

(S-1) And what I found really interesting, too, is he like tailor his advice.

(S-2) Oh, yeah.

(S-1) For each kid.

(S-2) He does.

(S-1) depending on their age and what they're going through,

(S-2) Right.

(S-1) So Lac, He's 20. He might be thinking about like career.

(S-2) Career. Yeah.

(S-1) Big decisions.

(S-2) Big decisions. Yeah.

(S-1) And then like the pressure to succeed and all that.

(S-2) Yeah. All that comes with being that age.

(S-1) And then Ann, who's 15, she's probably dealing with

(S-2) Oh, the teenage years.

(S-1) All the teenage stuff.

(S-2) Yeah. The ups and downs.

(S-1) Yeah. Exactly.

(S-2) Feeling misunderstood.

(S-1) Feeling misunderstood. Not fitting in.

(S-2) Yeah. All of that.

(S-1) I think

(S-2) That's really smart of him to recognize that.

(S-1) Really smart. Yeah.

(S-2) Because loneliness can be different for different people at different times in their lives.

(S-1) Totally.

(S-2) What might make a 20-year-old feel isolated could be totally different for a teenager, right?

(S-1) Yeah.

(S-2) But he's saying, look, it's something we all go through.

(S-1) We all go through

(S-2) at some point.

(S-1) Yeah. It's like a universal experience.

(S-2) Yeah, it is.

(S-1) So, he's not just saying like,

(S-2) “Hey, being alone is great.

(S-1) Hey, being alone is awesome.” Yeah. He's like, “It's tough.

(S-2) It's going to be hard.

(S-1) It's going to be hard,

(S-2) but it's an opportunity.

(S-1) but it's a chance to grow.

(S-2) It's a chance to learn.

(S-1) Yeah, exactly.

(S-2) Yeah, I like that.

(S-1) So, I'm curious about the tools he gives them.

(S-2) Okay.

(S-1) Because he doesn't just like leave them hanging.

(S-2) Right.

(S-1) He gives them actual things to do.

(S-2) Practical advice.

(S-1) Practical advice. Yeah.

(S-2) Yeah.

(S-1) So, for Lac, he suggests like journaling.

(S-2) Journaling

(S-1) and spending time in nature.

(S-2) Interesting.

(S-1) What do you think about those like for a young adult in his position?

(S-2) Well, I think there's a common thread there of like self-awareness, you know, journaling, it helps you uh

kind of process all those complicated emotions that can come with, you know, making big life decisions.

(S-1) Big life decisions. Yeah.

(S-2) And nature, I think it gives you perspective like it reminds you that there's a bigger world out there.

(S-1) Yeah. It's like hitting pause on all the

(S-2) the chaos.

(S-1) The chaos. Yeah. Just like being

(S-2) just being observing.

(S-1) Do you think that's something that anyone could benefit from?

(S-2) I think so.

(S-1) Yeah.

(S-2) Especially these days when everything's so fastpaced.

(S-1) So fastpaced

(S-2) and we're always like connected.

(S-1) Yeah.

(S-2) I think taking time to just disconnect from all that, and and kind of tune in to yourself.

(S-1) That's val It's valuable.

(S-2) That's really valuable. Yeah.

(S-1) And then there's this advice he gives about setting personal challenges.

(S-2) Okay.

(S-1) That one's really interesting to me.

(S-2) Yeah. Why is that?

(S-1) Because it seems like it goes beyond just coping with loneliness.

(S-2) Yeah.

(S-1) It's almost like

(S-2) it's using it

(S-1) using it

(S-2) to push yourself forward.

(S-1) Yeah. To push yourself forward.

(S-2) Yeah. I like that. It's taking control.

(S-1) Taking control of your own growth.

(S-2) Like don't wait for someone else to push you.

(S-1) Exactly.

(S-2) You push yourself.

(S-1) Yeah. It could be something small.

(S-2) Okay. Like what?

(S-1) Committing to exercising every day.

(S-2) Okay.



(S-1) Or

(S-2) learning a new language or

(S-1) learning your skill.

(S-2) Yeah.

(S-1) The point is to

(S-2) get out of your comfort zone.

(S-1) Yeah. And build that confidence.

(S-2) Yeah. And know that you can

(S-1) rely on yourself.

(S-2) Rely on yourself.

(S-1) Achieve things.

(S-2) Yeah. So I imagine for someone like Lac who's at this crossroads in his life.

(S-1) Big decisions.

(S-2) Big decisions.

(S-1) Yeah.

(S-2) That kind of self-reliance.

(S-1) It's crucial because when those lonely times hit,

(S-2) Yeah.

(S-1) you're not just going to feel like

(S-2) helpless.

(S-1) Helpless.

(S-2) Yeah.

(S-1) You know you can handle it.

(S-2) You know you have the strength.

(S-1) You've got the strength to get through it.

(S-2) So, it's not just about surviving lonely.

(S-1) It's about using it.

(S-2) It's about Yeah. using it.

(S-1) Yeah. Okay. So, let's look at An now.

(S-2) Okay. The daughter.

(S-1) The daughter. Yeah.

(S-2) Yeah.

(S-1) What does he say to her?

(S-2) Well, it seems like he focuses more on

(S-1) Okay.

(S-2) practical skills and independence.

(S-1) Okay.

(S-2) Which makes sense. She's younger.

(S-1) She's younger.

(S-2) Yeah. So, he tells her to try doing everyday things on her own.

(S-1) Okay. Like what kind of things?

(S-2) Like taking care of her laundry. or you know

(S-1) making a meal.

(S-2) Making a simple meal.

(S-1) Yeah.

(S-2) Yeah.

(S-1) It's like he's saying you got this.

(S-2) Yeah. You're capable.

(S-1) You're capable. You can handle this.

(S-2) Yeah. And I bet for a teenager

(S-1) Oh, yeah.

(S-2) That's huge.

(S-1) It's huge.

(S-2) That feeling of

(S-1) empowerment.

(S-2) I can do this myself.

(S-1) Yeah. It builds confidence.

(S-2) It does. Yeah.

(S-1) And resilience.

(S-2) And resilience,

(S-1) which is so important

(S-2) for all the teenage stuff.

(S-1) For all the teenage stuff.

(S-2) Yeah. All the ups and downs.

(S-1) Yeah. It's about realizing you don't always need someone else

(S-2) to help

(S-1) to do everything for you.

(S-2) Yeah.

(S-1) I could do it myself.

(S-2) You can handle things on your own.

(S-1) Yeah.

(S-2) Yeah.

(S-1) But it's interesting how he balances that with like the importance of relationships.

(S-2) Oh, right.

(S-1) It's not just about being alone. It's about

(S-2) It's about both.

(S-1) Both. Yeah.

(S-2) Yeah. He understands that. Even though she wants to be independent.

(S-1) Yeah.

(S-2) She still needs people.

(S-1) She still needs people. Yeah.

(S-2) Especially at that age when everything feels so intense.

(S-1) So intense. Yeah.

(S-2) It's about finding that balance.

(S-1) That balance. Yeah.

(S-2) You know, between being alone and being connected.

(S-1) Yeah.

(S-2) We need both.

(S-1) We need both.

(S-2) Yeah. To be happy.

(S-1) So it's not one or the other.

(S-2) It's not one or the other. It's both. Finding that sweet spot.

(S-1) Finding that sweet spot.

(S-2) Yeah.

(S-1) And for An, he also says to focus on gratitude.

(S-2) Ah gratitude.

(S-1) Yeah. To appreciate the good stuff. What do you think about that?

(S-2) Well, I think it's really powerful. Especially when you're feeling lonely because it helps you shift your focus

away from what you're missing, you know, and it helps you appreciate what you do have.

(S-1) What you do have. Yeah.

(S-2) And that can really change how you feel.

(S-1) It's a simple thing, but

(S-2) simple but powerful.

(S-1) Simple but powerful. Yeah. Now, before we talk about the benefits,

(S-2) Okay.

(S-1) of embracing loneliness, I'm curious if you had to pick one thing you're grateful for right now.

(S-2) That's a good question.

(S-1) Yeah.

(S-2) You know, I think I'm most grateful for the chance to keep learning and growing, you know, to always be expanding my understanding of the world.

(S-1) The world. Yeah.

(S-2) And the people in it.

(S-1) The people in it. Yeah.

(S-2) And this letter

(S-1) Yeah.

(S-2) with its unique perspective on loneliness. It's a perfect example of that.

(S-1) It is. Yeah.

(S-2) It's really got me thinking in new ways. So, yeah,

(S-1) That's great.

(S-2) I'm grateful for that. And it's interesting how he like goes beyond just suggesting activities.

(S-1) Right.

(S-2) He actually digs into the benefits. The benefits of embracing loneliness.

(S-1) The benefits. Yeah. That's what I thought was so cool.

(S-2) Yeah.

(S-1) It's like he's not just saying deal with it. He's like, "No, there's good stuff here.

(S-2) There's something to gain.

(S-1) There's something to gain from this."

(S-2) Yeah.

(S-1) So, one of the first things he talks about is patience.

(S-2) Okay.

(S-1) How do you see that like playing out for his kids? Yeah.

(S-2) Well, we live in a world where everything's so instant.

(S-1) Gratification. Yeah.

(S-2) Yeah. You want something.

(S-1) Mhm.

(S-2) You get it right away.

(S-1) Yeah.

(S-2) So learning to be patient.

(S-1) Yeah.

(S-2) To wait for things

(S-1) to delay gratification.

(S-2) Yeah. That's a skill that you have to work at.

(S-1) Especially for young people, right?

(S-2) Oh, absolutely.

(S-1) Who've grown up with like the internet and everything.

(S-2) Everything at their fingertips.

(S-1) Yeah. Yeah.

(S-2) So like embracing stillness.

(S-1) Yeah.

(S-2) Waiting for something that's almost like countercultural.

(S-1) It is. Yeah.

(S-2) And being alone

(S-1) Yeah.



(S-2) forces you to do that.

(S-1) Okay.

(S-2) It forces you to sit with discomfort. to not just like fill every second disurge.

(S-1) Yeah.

(S-2) Yeah. And I think for Lac who's facing all these big choices,

(S-1) career stuff. Yeah.

(S-2) Yeah. Being patient can really help him

(S-1) to not rush into something.

(S-2) Yeah. To not just jump into the first thing to really think it through.

(S-1) Yeah. And that kind of leads into the next benefit which is independence.

(S-2) Independence.

(S-1) Yeah.

(S-2) That's a big one.

(S-1) It is.

(S-2) And I think for young adults who are like figuring out how to be adults.

(S-1) Yeah.

(S-2) It's hard.

(S-1) It is.

(S-2) Yeah.

(S-1) But when you're comfortable being alone, you don't need other people

(S-2) to validate you.

(S-1) To tell you, you're doing a good job.

(S-2) Yeah. Or to entertain you.

(S-1) Or to entertain you.

(S-2) Yeah.

(S-1) You learn to trust yourself, make your own decisions,

(S-2) create your own happiness.

(S-1) It's like that saying, if you want something done right,

(S-2) Yeah.

(S-1) do it yourself.

(S-2) Right.

(S-1) But in this case, it's more like,

(S-2) Yeah.

(S-1) if you want to truly know yourself, spend some time alone with yourself.

(S-2) I like that.

(S-1) Yeah.

(S-2) It's recognizing that True independence.

(S-1) Yeah.

(S-2) It comes from within.

(S-1) It's not about shutting everyone out.

(S-2) It's not about isolating yourself.

(S-1) Yeah.

(S-2) It's about being okay on your own.

(S-1) Yeah. And knowing that you can handle things.

(S-2) You can handle it.

(S-1) Yeah.

(S-2) Yeah.

(S-1) And I think that ties back into

(S-2) Yeah.

(S-1) the loneliness thing.

(S-2) How so?

(S-1) Because when those times come

(S-2) Mhm.

(S-1) and you're feeling alone

(S-2) Yeah.

(S-1) If you have that self-reliance, it's less scary.

(S-2) It's less scary because you know you can get through it.

(S-1) You've got the tools.

(S-2) You got the tools. Yeah.

(S-1) Yeah. And he also talks about self-reflection.

(S-2) Self-reflection. Okay.

(S-1) Yeah.

(S-2) What's he say about that?

(S-1) Well, he says that loneliness can actually help you

(S-2) help you?

(S-1) become more self-reflective.

(S-2) I see.

(S-1) Because when you're alone,

(S-2) Yeah.

(S-1) you have time to think.

(S-2) You have time to think. Yeah.

(S-1) It's like when are we ever really alone,

(S-2) Right.

(S-1) with our thoughts.

(S-2) With our own thoughts. It's rare.

(S-1) We're always so busy.

(S-2) Always on the go.

(S-1) Yeah.

(S-2) Constantly stimulated.

(S-1) And so solitude. It gives you that space.

(S-2) It gives you that space

(S-1) to just be,

(S-2) to think.

(S-1) Yeah. It's like hitting pause.

(S-2) Yeah.

(S-1) on autopilot.

(S-2) Like, okay, wait a minute.

(S-1) Where am I going?

(S-2) Where am I going? Is this where I want to be?

(S-1) Yeah. Do I need to change something?

(S-2) Exactly.

(S-1) And that self-awareness is so important.

(S-2) It's crucial.

(S-1) Yeah. For personal growth.

(S-2) For growth. Yeah.

(S-1) It helps you figure out

(S-2) what you want.

(S-1) What you want.

(S-2) Yeah.

(S-1) And then you can make choices.

(S-2) Yeah.

(S-1) That are aligned with that.

(S-2) That are aligned with that. Yeah.

(S-1) It's like becoming the architect of your own life

(S-2) instead of just letting life happen to you.

(S-1) Yeah. Exactly.

(S-2) You're in control.

(S-1) You're in control.

(S-2) Yeah.

(S-1) And then another benefit.

(S-2) Okay.

(S-1) Which is a little less obvious.

(S-2) Okay. Yeah.

(S-1) Is creativity.

(S-2) Creativity. Humm

(S-1) Yeah. He says that loneliness

(S-2) Yeah.

(S-1) can boost your creativity.

(S-2) How so?

(S-1) Well, when we're constantly bombarded

(S-2) Yeah.

(S-1) with information

(S-2) with input. Yeah.

(S-1) With input. Yeah.

(S-2) Yeah.

(S-1) It's hard to be creative,

(S-2) Right. It's like your mind's too full.

(S-1) Yeah. Too full. Yeah.

(S-2) Yeah.

(S-1) And so when you're alone,

(S-2) Yeah.

(S-1) you have that space.

(S-2) That space to think.

(S-1) To think. To let your mind wander.

(S-2) Let your mind wander. Yeah.

(S-1) To come up with new ideas.

(S-2) Yeah. I think a lot of artists

(S-1) Oh, yeah.

(S-2) and writers

(S-1) talk about that. Yeah.

(S-2) They talk about how they need that solitude.

(S-1) Yeah. To create

(S-2) create their best work.

(S-1) Yeah. And finally, he says that embracing loneliness

(S-2) Yeah.

(S-1) can help you

(S-2) help you

(S-1) cope with change.

(S-2) Cope with change. Humm

(S-1) because change is inevitable, right?

(S-2) Change is the only constant.

(S-1) Yeah. Exactly.

(S-2) Yeah.

(S-1) Both of his kids are facing big transitions.

(S-2) Big transitions. Yeah.

(S-1) And so he wants them to be able to handle it. And he's saying that

(S-2) he's saying that

(S-1) being comfortable with loneliness can help you



(S-2) help you be more resilient.

(S-1) Yeah. To be more resilient.

(S-2) Yeah.

(S-1) In the face of change

(S-2) because you know you can handle

(S-1) Yeah.

(S-2) whatever comes your way.

(S-1) Whatever comes your way. Yeah.

(S-2) I think you've been through it before.

(S-1) You've been through it before. Yeah.

(S-2) You know you can do it again.

(S-1) You can do it again. Yeah.

(S-2) Yeah. I like that.

(S-1) Now before we move on.

(S-2) Okay.

(S-1) You talked about self-reflection. earlier.

(S-2) Mhm.

(S-1) What's one piece of advice you would give our listeners

(S-2) to be more self-reflective?

(S-1) Yeah. To incorporate more self-reflection.

(S-2) Humm that's a good question.

(S-1) Yeah.

(S-2) You know, I think one of the simplest things is to start journaling.

(S-1) Journaling. Okay.

(S-2) Yeah. It doesn't have to be anything fancy.

(S-1) Yeah.

(S-2) Just take a few minutes each day to write down your thoughts.

(S-1) Thoughts. Yeah.

(S-2) Your feelings,

(S-1) Yes.

(S-2) what you observed.

(S-1) Okay.

(S-2) It's a way to like process everything, make sense of your inner world.

(S-1) Yeah.

(S-2) And over time, you might start to see patterns

(S-1) Patterns.

(S-2) on your thoughts and behavior.

(S-1) Okay. So, it can help you.

(S-2) It can help you understand yourself better.

(S-1) Understand yourself better. Yeah. That's great advice.

(S-2) It's a simple thing.

(S-1) Simple but powerful,

(S-2) but it can be really powerful.

(S-1) Yeah. And anyone can do it.

(S-2) Anyone can do it. Yeah.

(S-1) Okay. So, let's dive back into this letter and talk about how this father encourages his kids,

(S-2) Okay.

(S-1) to actually use loneliness.

(S-2) Okay.

(S-1) For growth.

(S-2) For growth. Yeah.

(S-1) It's like he's saying don't be afraid of it.

(S-2) Yeah.

(S-1) Be friends with it.

(S-2) Yeah. Embrace it.

(S-1) See what you can learn from it.

(S-2) I think that's a great way to put it. He's not saying like go out and be lonely, but when it happens,

(S-1) Yeah.

(S-2) don't freak out. Be curious about it.

(S-1) Be curious.

(S-2) Okay. See it as a chance to learn something.

(S-1) So, he's saying loneliness is going to happen.

(S-2) It's going to happen.

(S-1) It's part of life.

(S-2) It's part of life.

(S-1) But you get to choose.

(S-2) You have a choice.

(S-1) How you respond.

(S-2) Exactly.

(S-1) Yeah. And that's empowering...

(S-2) It is empowering

(S-1) ...to have that control.

(S-2) Instead of feeling like a victim.

(S-1) You're like it's happening to you.

(S-2) Yeah.

(S-1) You're like, "No, I'm going to use this.

(S-2) I'm going to use this.

(S-1) Use this." Okay. So, in the letter,

(S-2) Yeah.

(S-1) he talks about how embracing loneliness,

(S-2) Okay.

(S-1) can lead to a deeper understanding of ourselves and the world.

(S-2) Interesting.

(S-1) How do you see that connection?

(S-2) Well, when we're always surrounded by people,

(S-1) Yeah.

(S-2) it's easy to get caught up and what they think their expectations

(S-1) their expectations. Yeah.

(S-2) opinions.

(S-1) Yeah.

(S-2) But when you're alone, you can finally hear your own voice.

(S-1) Yeah. Without all the noise.

(S-2) Without all the noise. And that's when you can really connect with who you are.

(S-1) With who you are. Yeah.

(S-2) And when you know yourself.

(S-1) Yeah.

(S-2) You can understand the world in a deeper way.

(S-1) So it's like a stepping stone.

(S-2) Like a stepping stone.

(S-1) Knowing yourself helps you know the world.

(S-2) It's all connected.

(S-1) It's all connected. Yeah. So it's like this father is sending his kids

(S-2) Yeah.

(S-1) on a journey.

(S-2) A journey of self-discovery.

(S-1) Of self-discovery. Yeah.

(S-2) And he's given them a map

(S-1) with loneliness as the guide.

(S-2) Loneliness is the guide. Yeah.

(S-1) And I love that he gives them all these tools.

(S-2) He does.

(S-1) The practical stuff, the mindfulness, the perspective shift.

(S-2) It's a gift.

(S-1) It is a gift

(S-2) that we'll keep on giving.

(S-1) Yeah. And it's a gift for all of us. Really?

(S-2) It is.

(S-1) Because this letter has something for everyone. Anyone who's ever felt lonely, lost,

(S-2) disconnected,

(S-1) disconnected. Absolutely. So, As we wrap up this deep dive into loneliness, I want to leave our listeners with one final thought. What if we stopped being afraid of loneliness? What if we embraced it?

(S-2) Interesting.

(S-1) Used it to grow,

(S-2) to grow,

(S-1) to be creative,

(S-2) to be more resilient,

(S-1) to be more resilient, to connect with ourselves and the world.

(S-2) I like that.

(S-1) What if loneliness wasn't a punishment but a path

(S-2) a path to becoming

(S-1) to becoming our best selves?

(S-2) That's a powerful question.

(S-1) It is. Right.

(S-2) Yeah, it really gets you thinking

(S-1) and that's what we're all about here.

(S-2) That's what deep dives are for.

(S-1) So until next time.

(S-2) Keep diving.

End.

Mp3: The Value and Power of Loneliness

<https://moingaymotchuyen.com/Loneliness>



# The Transformative Power Of Turning Loneliness into Connection

(S-2) All right. So, are you ready to dive into something pretty deep today?

(S-1) Oh, I'm always ready for a good deep dive.

(S-2) Well, today we've got this letter from a father to his two kids, Lac and An. And it's pretty fascinating stuff. Lac is 20, so he's just starting out in the world. And An is 15, so right in the thick of being a teenager.

(S-1) Oh, yeah. Those are pretty key ages,

(S-2) big milestones. And the thing that makes this letter so interesting is that the father is actually encouraging them to embrace loneliness.

(S-1) Right.

(S-2) Not just to deal with it, but to see it as this powerful force in in our lives.

(S-1) Humm that's a pretty different take on loneliness. Most people see it as something to be avoided at all costs.

(S-2) Exactly. It's like we're programmed to think loneliness equals bad. But this father is flipping the script entirely.

(S-1) Interesting. So, what's his angle? What's he trying to get across to his kids?

(S-2) He's basically saying, "Hey, loneliness is going to happen. It's part of life. But instead of fearing it, let's figure out how to use it to our advantage."

(S-1) I like that. Use it to our advantage. So, it's not just about surviving loneliness. It's about actually leveraging it for something positive.

(S-2) Yeah, exactly. And that's where things get really interesting because he doesn't just stop at the feel-good pep talk. He actually provides some pretty concrete strategies for how to transform loneliness into something that can help you grow.

(S-1) Okay, now you've got my attention. Give me the goods.

(S-2) Okay, so first we've got to remember that he's talking to two kids who are at very different stages in their lives. Lack, who's just starting to figure out adulthood, and an who's smack dab in the middle. of all the craziness of being a teenager,

(S-1) Right. So, their challenges and their needs are going to be totally different.

(S-2) Absolutely. So, he tailor his advice to each of them. For lack, he really emphasizes practical methods for navigating all the complexities of young adulthood.

(S-1) Okay. So, what kind of practical advice are we talking about here?

(S-2) Well, he starts with self-reflection. He encourages Lac to carve out some time every day, even just like 15 or 20 minutes to just be present with himself.

(S-1) You know, I'm a big believer in that. Taking a few minutes each day to just quiet your mind and check in with yourself. It can make such a difference.

(S-2) It really can. And there's a ton of research on the benefits of mindfulness and self-awareness, especially for young adults. Studies have shown that practicing mindfulness can actually reduce stress, improve focus, even boost your emotional intelligence.

(S-1) It's amazing how something so simple can have such a big impact. And you know, it ties into another piece of advice the father gives Lac, which is keeping an emotional journal.

(S-2) Oh, journaling, I've heard about that, but I've always been a little skeptical. Is there any actual science to support the idea that journaling can be helpful?

(S-1) You know, there is. Researchers have actually found that expressive writing, like journaling about your feelings, can help regulate emotions, reduce anxiety, and even improve physical health.

(S-2) Yeah.

(S-1) It's like giving your brain a space to process and make sense of what's going on inside.

(S-2) So, it's not just about venting. There's a real cognitive benefit to putting your feelings into words. That makes a lot of sense.

(S-1) Exactly. And the father also stresses the importance of learning to accept failure. He acknowledges that lag is going to face setbacks, make mistakes, but he encourages him to see those experiences not as defeats but as opportunities for growth.

(S-2) You know, that's such a crucial message, especially in today's world where there's so much pressure to succeed, to be perfect. It's like we've lost sight of the fact that failure is a natural part of learning process.

(S-1) And the father even connects this back to the idea of loneliness. He suggests that by embracing our failures, we can actually become more resilient and better equipped to handle the inevitable challenges and disappointments that life throws our way.

(S-2) So it's like he's saying, “Hey, you're going to mess up. Everyone does”, but instead of letting it isolate, you use it as fuel to learn, grow, and connect more deeply with your own humanity.

(S-1) Exactly. And you know, when you think about it, vulnerability is often the bridge to genuine connection when we allow ourselves to be seen flaws and all it creates space for others to do the same. And that's where real relationships are built.

(S-2) Okay, so he's encouraging self-reflection journaling, embracing failure. But he doesn't stop there. What else does he have up his sleeve for laughing?

(S-1) Well, he recognizes that even with all the selfwork in the world, there are times when we need to reach out for support. So, he strongly encourages lack to connect with his friends and family when he's struggling.

(S-2) It's like that classic saying, you don't have to go through this alone. But sometimes it's hard to remember that, especially when you're feeling down or isolated.

(S-1) Absolutely. And research has actually shown that having a strong social support system can be incredibly protective against loneliness. People who feel connected to others are less likely to experience chronic loneliness and are generally more resilient in the face of stress.

(S-2) So having people you can talk to, lean on, share your experiences with, that can make all the difference. It's almost like an antidote to the isolating effects of loneliness.

(S-1) Precisely. And the father also suggests some practices that can help cultivate a sense of inner peace and connection even when you're feeling alone.

(S-2) Oh, I like where this is going. Tell me more.

(S-1) He specifically mentions meditation and mindfulness. Now, I know those terms get thrown around a lot these days, but there's a reason for that.

(S-2) Yeah, I've tried meditation before, but I'll admit I struggle to quiet my mind. It feels like the more I try to not think, the more thoughts pop up.

(S-1) You're not alone. It's a practice, and like any skill, it takes time and patience to develop. But even a few minutes of focused breathing or mindful awareness can have a calming effect on the nervous system.

(S-2) Okay. So, it's not about emptying your mind completely, but more about learning to observe your thoughts and feelings without judgment.

(S-1) Exactly. And the research on mindfulness is pretty compelling. Studies have shown that regular mindfulness practice can reduce stress, improve sleep, and even increase feelings of compassion and connection.

(S-2) So, it's not just about feeling calmer, it's about enhancing your capacity for connection both with yourself and with others.

(S-1) Right. And you know, one of the things that really struck me about the father's advice is how he encourages Lac to find meaning and purpose beyond himself.

(S-2) Okay, now that's a big topic. How does he approach that?

(S-1) He suggests that Lac could get involved in his community. maybe volunteer for a cause he cares about.

(S-2) Yeah.

(S-1) And you know, research has actually shown that

people who feel a sense of purpose are less likely to experience loneliness. It's like having something bigger than yourself to connect to something that gives your life meaning and direction.

(S-2) So, it's not just about focusing inward. It's about expanding outward, finding ways to contribute to something larger than yourself.

(S-1) Exactly. And you know, this reminds me of some of the research on the psychology of Mini POUND. Victor Frankle, who's a Holocaust survivor and psychiatrist, wrote about how even in the most dire circumstances, people can find meaning and purpose. He believed that having a why can help us endure almost any how.

(S-2) Wow, that's powerful. So even in the midst of suffering, loneliness, even despair, there's still a possibility for finding meaning and connection.

(S-1) Absolutely. And I think that's a really hopeful message, isn't it? It suggests that even when we feel lost and alone, there's still a spark of hope within us, a drive to connect, to find our place in the world.

(S-2) All right, so we've covered a lot of ground here with Lac's journey. He's got a whole toolkit for navigating young adulthood self-reflection journaling, embracing failure, connecting with loved ones, practicing mindfulness, and finding meaning beyond himself.

(S-1) It's a pretty impressive toolkit.

(S-2) It is. But what about An how does the father's advice shift when he's addressing his teenage daughter?

(S-1) Uh, that's where things get even more interesting. The challenges of adolescence are unique and the father's approach is thoughtfully tailored to meet and where where she is.

(S-2) Okay. Now, I'm really intrigued, but I guess we'll have to save that conversation for next time.

(S-1) Sounds like a plan. I'm looking forward to diving into An's story.

(S-2) Me, too. Until then, keep those deep thoughts flowing.

(S-1) Always.

(S-2) So, last time we were talking all about lack and the advice his father had for him as he's starting to figure out adulthood,

(S-1) Right. Like all those practical tips for self-reflection and journaling and stuff.

(S-2) Exactly. Now, I'm really curious to hear what kind of wisdom this father has for his daughter and who's, you know, right in the middle of being a teenager.

(S-1) Oh, yeah. Adolescence, that's a whole other ball game.

(S-2) It is. I mean, think about all the changes that are happening physically, emotionally, socially. It's like your whole world is being turned upside down.



(S-1) No kidding. Hormones are going crazy. You're trying to figure out who you are, where you fit in. There's so much pressure and so much uncertainty.

(S-2) And it's easy to feel like no one understands what you're going through.

(S-1) Absolutely. So, how does this father approach guiding his daughter through all of that?

(S-2) Well, he starts by emphasizing the importance of emotional awareness. He encourages her to really pay attention to feelings to try to understand why she's feeling certain things instead of just trying to push them away.

(S-1) That's interesting because I feel like so often we tell teenagers, don't be so dramatic or just get over it, which basically invalidates their feelings.

(S-2) Exactly. But this father is encouraging her to actually lean into those emotions to explore them to try to make sense of them.

(S-1) That makes a lot of sense. And you know, it actually aligns with some of the latest research on emotional intelligence. Studies have shown that being able to identify and manage your emotions is crucial for navigating the challenges of life, especially during adolescence.

(S-2) So, it's not about being happy all the time. It's about developing the skills to understand and cope with the full range of human emotions.

(S-1) Precisely. And you know what? This ties into another piece of advice the father gives.

(S-2) What's that?

(S-1) Journaling. He encourages her to keep a journal just like he did with lack.

(S-2) Ah, journaling the universal remedy.

(S-1) Right. But for An he emphasizes a slightly different aspect of journaling. He focuses on the power of journaling as a way to gain self-awareness to kind of sort through all the confusion and intensity of her inner world.

(S-2) That makes sense because teenagers are notorious for feeling like no one understands them. So, I can imagine that putting those feelings down on paper could help them make sense of what they're going through.

(S-1) Absolutely. Yeah. There's even some research that suggests that writing about your emotions can actually reduce rumination, which is that tendency to dwell on negative thoughts.

(S-2) Oh, so it's not just about understanding your emotions, it's about learning to let go of the ones that are holding you back.

(S-1) Exactly. And this can be especially helpful for teenagers who are prone to overthinking and getting stuck in negative thought patterns.

(S-2) Okay. So, journaling can help and process her emotions, gain self-awareness, and maybe even break

free from those negative thought spirals, but it's not all about solo reflection. Right.

(S-1) Right. He also emphasizes the importance of connection. For An, he stresses the importance of seeking support from family and friends, especially when she's feeling overwhelmed or alone.

(S-2) You know, social connections are so important for teenagers. I mean, their peer group is everything at that age.

(S-1) Absolutely. And there's actually a lot of research that shows that having strong social support is crucial for adolescent mental health. Teenagers who feel connected to their peers and their family are less likely to experience depression, anxiety, and loneliness.

(S-2) So, it's not just about fitting in. It's about having genuine relationships where you feel supported and understood.

(S-1) Exactly. And the father recognizes that those relationships don't always come easy. So, He encourages An to be mindful of the people she surrounds herself with, to seek out friends who lift her up and encourage her growth.

(S-2) That's such good advice for anyone, but especially for teenagers who are so easily influenced by their peer group.

(S-1) And you know, this reminds me of some of the research on attachment theory, which suggests that the quality of our early relationships can have a lasting

impact on how we form connections throughout our lives. So, by encouraging An to cultivate healthy relationships, now he's setting her up for a lifetime of strong and fulfilling connections.

(S-2) Okay, so we've got emotional awareness, journaling, reaching out for support. What else is in this father's playbook for navigating adolescence?

(S-1) Well, he also encourages An to find joy in the things that she loves, to make time for her passions, whether it's playing music or doing art or spending time in nature, whatever lights her up.

(S-2) That's so important because I think when we're struggling, especially when we're feeling lonely, it's easy to forget about the things that bring us joy.

(S-1) It's like we lose touch with that part of ourselves. And the mother is reminding him not to let that happen to make sure she's nurturing those things that make her feel alive and connected.

(S-2) You know, that reminds me of the concept of flow state, which is that feeling of complete absorption and enjoyment that you experience when you're engaged in something that you love.

(S-1) Exactly. And research has shown that flow states can have a really positive impact on our well-being. They can boost our mood, increase our creativity, and even enhance our sense of purpose.

(S-2) So, carving out time for those activities that bring us joy, it's not just about having fun. It's about taking care of our mental and emotional health.

(S-1) Exactly. And the father also encourages An to embrace change.

(S-2) Oh, that's a big one. Change can be scary, especially for teenagers who are already going through so much upheaval.

(S-1) Right. But the father acknowledges that change is inevitable. It's a part of life. And instead of resisting it, he encourages Anne to see it as an opportunity for growth.

(S-2) So, it's about shifting your perspective from, oh no, everything is changing to what can I learn from this? How can I grow from this?

(S-1) Exactly. And you know, this reminds me of some of the research on resilience studies have shown that people who are able to adapt to change to see challenges as opportunities for growth are generally happier and more successful.

(S-2) So by encouraging an to embrace change, he's not just helping her navigate the ups and downs of adolescence, he's giving her a valuable life skill that will serve her well in the years to come.

(S-1) Absolutely. And this ties back to the overarching theme of the letter, which is finding strength and connection even in the midst of loneliness. by learning to adapt to change, by cultivating self-awareness, by reaching out for support, and can navigate the challenges

of adolescence, and emerge as a more confident, connected, and resilient young woman.

(S-2) It's like he's giving her a road map for not just surviving, but thriving in the face of life's inevitable challenges.

(S-1) Exactly. And you know what I find so inspiring about this father's approach? He's not just telling his kids what to do, he's inviting them to think differently about loneliness, to see it not as something to fear, but as something that can actually make them stronger and more connected.

(S-2) It's like he's saying, "Hey, loneliness is a part of life, but it doesn't have to define you. It doesn't have to control you. You can choose how you respond to it."

(S-1) Exactly. And that's a really empowering message. I think.

(S-2) It is. So, we've talked about self-reflection, emotional awareness, journaling, seeking support, embracing change, finding joy in your passions. Is there anything else this wise father has up his sleeve?

(S-1) Actually, there is one more thing, and something we touched on earlier when we were talking about like the importance of community, but Franner, he frames it a little differently. He really emphasizes the importance of building a strong support system.

(S-2) Oh, that makes sense. Teenagers are so influenced by their peers, so having a positive, supportive group of

friends can make a huge difference.

(S-1) Absolutely. He encourages An to be really intentional about her friendships, to surround herself with people who lift her up and support her growth, people who share her values and encourage her to be her best self.

(S-2) So, it's not just about being popular or having a lot of friends. It's about choosing your tribe wisely.

(S-1) Exactly. And that can be tough for teenagers, right? There's so much pressure to fit in to be part of the in crowd. But the father is reminding that true belonging comes from being true to yourself, from finding your people, the ones who love and accept you for who you are.

(S-2) So, it's about having the courage to be yourself, even if that means standing out from the crowd.

(S-1) Exactly. And you know, there's a lot of research that shows that people who are authentic, who are true to themselves, are generally happier and more fulfilled.

(S-2) So by encouraging An to be her authentic self, to find those friends who celebrate her for who she is, he's setting her up for a lifetime of genuine connection and happiness.

(S-1) And you know, I think that's a message that resonates with all of us, no matter what our age. In a world that's constantly telling us who we should be, and how we should act, it's so important to remember the

power of being true to ourselves.

(S-2) It is. And I think this father's letter is a beautiful reminder of that.

(S-1) Me, too. So, what do you think? Are you ready to wrap up our deep dive into this amazing letter?

(S-2) I think so. We've covered a lot of ground and I feel like we've just scratched the surface of this father's wisdom.

(S-1) Yeah, there's so much to unpack here, but I think we've given our listeners a good taste of his philosophy and how it can be applied to navigating the challenges of both young adulthood and adolescence.

(S-2) Exactly. And ultimately, I think his message is one of hope. He's showing us that even in the midst of loneliness, there's always the possibility for growth and connection.

(S-1) And that's a message that I think we can all carry with us as we navigate our own journeys.

(S-2) Absolutely. So, we spent the last two parts of this deep dive really getting into this father's advice for his kids Lac and An.

(S-1) Yeah, it's amazing advice.

(S-2) And you know, it's more than just a bunch of tips and tricks. There's a whole philosophy here, a whole way of looking at loneliness that's pretty unique,



(S-1) Right. He's not just saying, "Hey, here's how to cope with loneliness." He's actually saying, "Hey, loneliness can be a good thing."

(S-2) He's like, "Loneliness is going to happen. It's part of life. But instead of being afraid of it, let's figure out how to use it to make ourselves stronger."

(S-1) It's such a different way of thinking about it. Most people see loneliness as this negative thing, this thing to avoid at all costs.

(S-2) Exactly. But this father is saying, "Hey, loneliness is an opportunity."

(S-1) Okay, I'm starting to get the big picture here, but I'm still a little fuzzy on the how do we actually transform loneliness into something positive?

(S-2) Well, I think the key is that he's combining inner work with outer connection. He's not just saying go meditate and find yourself. He's also saying reach out to people, build relationships, be part of something bigger than yourself.

(S-1) So, it's like a two-pronged approach. You're working on yourself from the inside out and you're also building a support system on the outside.

(S-2) Exactly. And I think that's what makes his approach so powerful. It's not just about escaping loneliness. It's about using loneliness as a springboard for growth and connection.

(S-1) It's like he's saying, don't waste your loneliness.

(S-2) Exactly.

(S-1) Use it.

(S-2) Yeah. Turn it into something good.

(S-1) Okay. So, this all sounds great in theory, but is there any actual science to back this up? You know, there is. There's a growing body of research that supports this idea. For example, studies have shown that people who practice mindfulness and self-reflection are better able to regulate their emotions, which in turn can make them more resilient in the face of loneliness.

(S-2) So, it's not just about feeling better in the moment. It's about building a stronger inner foundation that can help you deal with those tough times when they inevitably come up.

(S-1) Exactly. And there's also a ton of research on the importance of social connection for both our physical and mental health. Studies have shown that people who have strong social support systems are less likely to experience things like loneliness and depression and anxiety.

(S-2) It's like having a safety net, a group of people you can rely on when things get tough.

(S-1) Exactly. And it's not just about having a lot of friends on social media. It's about having those deep, meaningful connections where you feel truly seen and heard.

(S-2) So, I guess what we're learning from this father is that loneliness doesn't have to be a life sentence. It's something we can work with, something we can transform.

(S-1) Exactly. And it all started starts with shifting our perspective from seeing loneliness as the enemy to seeing it as a teacher.

(S-2) I love that. So instead of running away from loneliness, we can actually lean into it and see what it has to teach us.

(S-1) Exactly. And you know, one of the things that really struck me about this letter, is how the father talks about the importance of meaning and purpose. He encourages his kids to find something bigger than themselves to connect to. Whether it's a cause they care about or a community they want to be a part of or a passion they want to pursue.

(S-2) I think that's so important because when we feel lonely, it's easy to get stuck in our own little world, our own problems, our own sense of isolation. But when we connect to something bigger than ourselves, it helps us to see things from a different perspective.

(S-1) And it gives us a reason to get out of bed in the morning. Gives us a sense of direction.

(S-2) You know, there's actually research that shows that people who have strong sense of purpose in their lives are less likely to experience loneliness and depression.

They tend to be more resilient in the face of challenges and they just generally report higher levels of well-being.

(S-1) It's like having a north star, something to guide you.

(S-2) It is. And I think it's something we can all cultivate no matter what our circumstances are. It might be volunteering in our community or pursuing a creative passion or even just focusing on being a really good friend or partner or parent.

(S-1) The key is to find something that lights you up that makes you feel connected to something bigger than yourself.

(S-2) So to wrap things up, I think what we've learned from this father is that loneliness is not the end of the story. It's actually just the beginning. It's an invitation to do some inner work to build meaningful connections and to find our purpose in the world.

(S-1) And when we do that, we can amply transform loneliness into something beautiful and powerful.

(S-2) Exactly. So, what's one small step, you, our listener, can take today to turn a moment of loneliness into an opportunity for connection? Either with yourself or with others.

(S-1) Think about it. We hope this deep dive has given you some food for thought. And remember, you're not alone in this journey. We all have the power to transform loneliness into something meaningful.

End.

MP3: Transforming Loneliness into Connection

<https://moingaymotchuyen.com/Connection>

# The Transformative Power of Turning Anger into Forgiveness

(S-2) Ever feel like uh you know your emotions kind of have a mind of their own? Like they're on a roller coaster you definitely didn't buy a ticket for?

(S-1) Uh-huh. Yeah. I think we've all been there.

(S-2) Today we're tackling one of the trickiest rides though. Turning anger into forgiveness.

(S-1) Ooh, that's a big one.

(S-2) And and trust me, this is not your typical self-help like good vibes only kind of thing.

(S-1) Right. Right.

(S-2) We're going deep um with a pretty personal source.

(S-1) Okay.

(S-2) A letter from a father to his two kids.

(S-1) Oh, interesting.

(S-2) Lac who's 20 and An who's 15.

(S-1) Okay. So, we've got a bit of an age difference there.

(S-2) Yeah. And what's fascinating is he's not just like dishing out generic dad advice, you know, he's trying to give them actual tools.

(S-1) Tools for what?

(S-2) To handle the curve balls life throws at them.

(S-1) Oh, I see. So, it's like preventative almost.

(S-2) Exactly. And he's doing this before they even hit those rough patches.

(S-1) Wow. That's pretty forward thinking.

(S-2) It is. Right. And you know what else is striking?

(S-1) What's that?

(S-2) He tailors his advice

(S-1) to each kid.

(S-2) Yeah. Like he's really aware that a 20-year-old struggles

(S-1) are different from a 15-year-old. Totally.

(S-2) Hey, exactly. So, Lac's dealing with all those young adult pressures.

(S-1) Let me guess. Um, school, career, that whole finding yourself thing.

(S-2) You got it. That and the whole am I good enough thing a lot of 20 something go through.

(S-1) I hope that time. Yeah. And then An well being 15.

(S-2) Oh, that's a whole other roller coaster.

(S-1) It is. So, she's in that teenage storm of

(S-2) Yeah. Feeling misunderstood, peer pressure, all that fun stuff.

(S-1) Exactly. But here's the thing. This dad is trying to help them both.

(S-2) With what?

(S-1) With forgiveness.

(S-2) Oh, interesting.

(S-1) And spoiler alert, he doesn't see it as weak or passive at all.

(S-2) Really?

(S-1) He actually frames it as the key to becoming stronger.

(S-2) Huh. I'm already intrigued.

(S-1) Me, too.

(S-2) Yeah.

(S-1) Especially cuz he gets super specific with his tips.

(S-2) That's what I love about these deep dives. We get into the nitty-gritty.

(S-1) We do. So, to kick things off, um, why does this dad believe forgiveness is so crucial.

(S-2) Okay, good question.

(S-1) He actually compares anger to a passing storm.

(S-2) Ooh, I like that analogy.

Right. It's so relatable.



(S-2) It is. Yeah. So, is he saying that um anger is something we just have to wait out?

(S-1) Well, he definitely acknowledges anger

(S-2) as like a natural thing.

(S-1) Yeah. Like a storm brewing inside us. It's normal.

(S-2) Okay.

(S-1) But it's what we do with that anchor that matters.

(S-2) So, like holding on to it.

(S-1) That's like staying trapped in the storms. wreckage, you know.

(S-2) Ooh, okay. I see that.

(S-1) But forgiveness.

(S-2) Yeah.

(S-1) That's like rebuilding, emerging stronger, wiser.

(S-2) So, it's an act of choice.

(S-1) Exactly.

(S-2) And he connects this to resilience, which is interesting.

(S-1) It is. Resilience is such a buzz word these days.

(S-2) This is. So, in this context, um, is he saying that forgiveness helps us bounce back from tough stuff?

(S-1) That's exactly it.

(S-2) Okay.

(S-1) He emphasizes how holding on to anger can actually hinder our growth.

(S-2) Hinder our growth. Huh.

(S-1) Yeah. And he uses specific examples from Lac's life to illustrate this.

(S-2) Oh, like what?

(S-1) Well, let's say Lac is beating himself up

(S-2) over like a past failure.

(S-1) Exactly. Say a bad grade or something,

(S-2) Right. We've all been there.

(S-1) And that anger, you know, can create this fear

(S-2) and failing again.

(S-1) Exactly. Which holds him back from taking risks, reaching his full potential.

(S-2) Wait, that's actually really insightful.

(S-1) It is. Right.

(S-2) So, by forgiving himself for that past mistake,

(S-1) Lac could actually free himself up

(S-2) to try again. Maybe even aim higher.

(S-1) Precisely. Forgiveness in this context, it's not about forgetting or condoning the mistake.

(S-2) Right.

(S-1) It's about acknowledging it, learning from it,

(S-2) and letting it go.

(S-1) Exactly. So it doesn't sabotage future endeavors.

(S-2) Okay. I'm starting to see how this strength through forgiveness's idea works. But how does he actually suggest lack go about forgiving himself?

(S-1) Ah, the million dollar question.

(S-2) Because let's be real, that's often harder than forgiving someone else, isn't it?

(S-1) It can be. Yeah.

(S-2) So what does he say?

(S-1) Well, he seems to get that it's tough.

(S-2) Okay.

(S-1) He encourages Lac to view failures

(S-2) not as defeats,

(S-1) Right. But as learning opportunities.

(S-2) Interesting.

(S-1) He even suggests a question Lac can ask himself

(S-2) after messing up.

(S-1) Yeah. After any setback really. He says, “What have I learned from this?”

(S-2) Humm, that is simple.

(S-1) It is but powerful.

(S-2) I can see how it shifts the focus

(S-1) from blame to growth.

(S-2) Exactly. Instead of stewing in anger, you're looking for the takeaway,

(S-1) you're turning a negative into a positive.

(S-2) Yeah, I like that.

(S-1) And this ties into self-compassion, which the dad emphasizes a lot.

(S-2) Self-compassion. Okay. Now, that's a term I hear all the time.

(S-1) It is. Yeah.

(S-2) But honestly, I'm not always sure what it really means. Is it just being nice to yourself?

(S-1) It's more than that. It's about treating yourself with the same kindness, understanding, forgiveness that you would offer a good friend.

(S-2) Okay, that makes sense.

(S-1) It's recognizing that we all make mistakes. We all have flaws and that's okay.

(S-2) So, like cutting ourselves some slack.

(S-1) Exactly. Instead of constantly beating ourselves up.

(S-2) I think a lot of us could use a dose of that, myself included.

(S-1) Me, too.

(S-2) Yeah.

(S-1) And it's crucial for young adults like Lac

(S-2) because

(S-1) they're facing so much pressure to succeed

(S-2) in a world that's pretty judgmental.

(S-1) It can be. Yeah. Unforgiving, too. And this dad, you know, he seems to be guiding Lac

(S-2) toward developing this self-compassion skill.

(S-1) Exactly.

(S-2) Now, speaking of skills,

(S-1) Yeah.

(S-2) there was this one piece of advice that really jumped out at me.

(S-1) Oh.

(S-2) He tells Lac that silence is a superpower.

(S-1) Interesting.

(S-2) Especially when it comes to anger,

(S-1) Huh, at first glance?

(S-2) Sounds a bit counterintuitive.

(S-1) It does. Yeah.

(S-2) Why would staying quiet be powerful?

(S-1) Well, think about the neuroscience of anger.

(S-2) Oh, wow.

(S-1) When we get angry, our amygdala,

(S-2) which is

(S-1) it's like our brain's alarm system, you know, it goes off triggering that fight orflight response,

(S-2) Right.

(S-1) And this can lead to impulsive decisions,

(S-2) things we regret later.

(S-1) Exactly.

(S-2) So, it's like our emotions kind of hijack our brains.

(S-1) They do. And we're not thinking clearly.

(S-2) And that's where the power of silence comes in.

(S-1) Exactly. By taking a pause,

(S-2) even just a few deep breaths.

(S-1) Yeah. Even that gives our prefrontal cortex a chance to catch up.

(S-2) And that's the

(S-1) the part of our brain responsible for reasoning.

(S-2) Oh. So, our thinking brain can regain control.

(S-1) Precisely. It's not about suppressing the anger.

(S-2) Yeah.

(S-1) It's about creating space

(S-2) for a more thought out response.

(S-1) Yes. The dad advocating for mindfulness

(S-2) even in the face of anger. It

(S-1) it allows lack to respond, not just react.

(S-2) That makes so much sense. It's like hitting the pause button before we do something we'll regret.

(S-1) I love that. The pause button.

(S-2) And this isn't just for 20-year-olds, right? I think we all could use a bit more of that.

(S-1) Totally. Mastering the art of the pause when anger flares up.

(S-2) It's a life skill.

(S-1) It is. And it's a beautiful example of how this father blend practicality with a deep understanding of human emotion.

(S-2) He does. So, we've got self forgiveness. We've got the power of silence. What other gems does he offer Lac when it comes to like navigating this anger stuff?

(S-1) Well, he emphasizes empathy as the key to forgiving others.

(S-2) Okay. So, putting yourself in someone else's shoes.

(S-1) Exactly. He encourages Lac to try to see the situation from the other person's perspective

(S-2) before judging them.

(S-1) Exactly. To understand their motivations, their circumstances.

(S-2) So, it's that classic advice of like walking a mile in their shoes. But how does he suggest Lac actually do that? Because, you know, it's easy to say, but much harder to actually put into practice.

(S-1) It is, especially when you're feeling hurt or betrayed.

(S-2) Yeah.

(S-1) He doesn't offer specific techniques, but he stresses asking questions.

(S-2) Oh, interesting.

(S-1) Being curious about the other person's experience

(S-2) instead of just like assuming things,

(S-1) Right. He also highlights the fact that we all make mistakes.

(S-2) We all have our own baggage

(S-1) and extending grace to others.

(S-2) Is there reflection of our own capacity for forgiveness.

(S-1) It all comes full circle.



(S-2) So, it's less about being right and more about trying to understand where the other person is coming from.

(S-1) Exactly. Even if we don't agree with their actions.

(S-2) Okay, that's deep.

(S-1) And this ties back to the idea that forgiveness isn't weakness. It's strength

(S-2) because

(S-1) it takes courage, emotional maturity to put aside our ego

(S-2) and really try to understand,

(S-1) especially when someone's hurt us. Yeah.

(S-2) This is fascinating. It's making me realize that forgiveness isn't just some like lofty deal. It's a practice, something that takes real effort.

(S-1) Absolutely.

(S-2) And a willingness to challenge our own assumptions.

(S-1) Oh boy.

(S-2) Wow. Okay. So, we've explored some of the wisdom this dad offers Lac as he navigates, you know, being a 20 something.

(S-1) Right.

(S-2) Now, I'm really curious to dive into the advice he gives An his teenage daughter.

(S-1) Oh, yep. Being 15.

(S-2) Because as we all know, that comes with its own set of challenges.

(S-1) Emotional landmines you can say.

(S-2) Oh, sure. And this dad seems very aware of that.

(S-1) He does. He acknowledges how intense teenage emotions can be.

(S-2) Yeah. And the unique pressures on his facing, especially in this age of social media.

(S-1) Oh, absolutely. That adds a whole other layer.

(S-2) It does. The comparison game can be brutal for teenagers these days.

(S-1) It's relentless. Everyone's highlight reel is constantly on display.

(S-2) And it's so easy to feel inadequate.

(S-1) So true.

(S-2) And that's one of the dangers the dad specifically calls out.

(S-1) Oh, really?

(S-2) He seems to get how social media can fuel those feelings. Insecurity. envy and ultimately anger.

(S-1) Makes sense. Yeah.

(S-2) So, how does he suggest An navigate this? Does he tell her to like ditch social media all together?

(S-1) I doubt it. That's a tough one.

(S-2) It is.

(S-1) He doesn't go that far, but he emphasizes finding peace

(S-2) within herself.

(S-1) Exactly. Suggesting things like meditation, journaling.

(S-2) Oh, those classic mindfulness tools,

(S-1) Right. Or any activity that helps her connect with her inner world, regulate her emotions.

(S-2) It's like he's encouraging her to develop an inner compass.

(S-1) I like that.

(S-2) Something to ground her amidst the chaos

(S-1) of teenage life.

(S-2) Yeah. And the constant barrage of like external validation seeking.

(S-1) There's a lot of pressure.

(S-2) It is. He's basically empowering her to define her own worth.

(S-1) Ooh, I like that.

(S-2) Instead of letting it be dictated by likes and follows

(S-1) or the perceived perfection of others.

(S-2) Exactly. It's about building self-esteem from the inside out.

(S-1) That's such an important message, not just for teenagers, honestly.

(S-2) All of us. Right.

(S-1) Totally.

(S-2) And this ties back to forgiveness. as strength.

(S-1) It does.

(S-2) Think about it. By forgiving herself for any perceived flaws

(S-1) or shortcomings

(S-2) and by forgiving others for, you know, their insensitivities

(S-1) or their successes even.

(S-2) Yeah. And can free herself from that comparison trap

(S-1) and create space for genuine self-acceptance.

(S-2) Wow. That's really powerful.

(S-1) It is right. It's not just about letting go of anger.

(S-2) It's about shifting your mindset

(S-1) to one of acceptance and self-love.

(S-2) I'm seeing more and more how forgiveness is interwoven with all these aspects of emotional well-being.

(S-1) It is it's a foundation.

(S-2) Okay. So, we've got inner peace. We've got the dangers of comparison. What other specific advice does he give an for dealing with anger?

(S-1) Let me think. Oh, he talks about forgiving small mistakes,

(S-2) her own or other people's.

(S-1) Both. He makes a distinction though between letting things slide and setting healthy boundaries.

(S-2) Oo, that's important.

(S-1) It is because not every offense requires a grand gesture of forgiveness.

(S-2) So, it's about picking your battles.

(S-1) Exactly. Not letting every little annoyance turn into a major grudge,

(S-2) which, let's be real, can happen so easily.

(S-1) It can. He emphasizes that holding on to pity grievances only weighs us down,

(S-2) preventing us from experiencing the good stuff.

(S-1) Exactly. The lightness, the joy that comes with forgiveness.

(S-2) So, it's not about being a doormat. It's about recognizing what's truly worth our emotional energy,

(S-1) which for teenagers can be a learning curve.

(S-2) They're still figuring out where those boundaries are.

(S-1) Exactly. He's teaching her to discern

(S-2) what's worth addressing and what's better to let go of.

(S-1) You got it. And that discernment

(S-2) becomes a tool for those tricky teenage relationships.

(S-1) A powerful one.

(S-2) Okay. So far, we've covered inner peace, the dangers of comparison, and the wisdom of, you know, not sweating the small stuff. Anything else specific to an that stood out to you?

(S-1) Let me see. Oh, there's one more connection he makes that I found really insightful.

(S-2) What's that?

(S-1) The link between gratitude and forgiveness.

(S-2) Oo, that's interesting. I haven't heard that one before.

(S-1) That's a good one.

(S-2) How does he tie those two together?

(S-1) He suggests that when we practice gratitude,

(S-2) when we focus on the good stuff.

(S-1) Exactly. It becomes easier to forgive

(S-2) because

(S-1) gratitude shifts our perspective,

(S-2) reminding us of what we do have.

(S-1) Yeah. Even amidst challenges,

(S-2) making it harder to dwell on the negative.

(S-1) Exactly.

(S-2) So, it's like gratitude creates a more forgiving mindset.

(S-1) I think so. Instead of focusing on what's wrong or what we lack,

(S-2) we're turning to what we appreciate,

(S-1) which makes letting go of anger and resentment easier.

(S-2) I love that.

(S-1) And this can be so helpful for teenagers

(S-2) because

(S-1) they're often bombarded with messages about what they lack, what's wrong with them.

(S-2) Oh, for sure. It's everywhere.

(S-1) Gratitude is an antidote to that negativity,

(S-2) fostering contentment,

(S-1) of appreciation,

(S-2) which makes forgiveness feel more natural.

(S-1) I love this dad's insights.

(S-2) Me, too. He's like a walking, talking self-help guru, but in the best way possible.

(S-1) He is.

(S-2) He's weaving all these seemingly different things together. silence, self-compassion, gratitude,

(S-1) and they all contribute to this theme of forgiveness as strength.

(S-2) Yeah.

(S-1) It's remarkable.

(S-2) It is. And he does it in such a down-to-earth way, too.

(S-1) Totally. It doesn't feel preachy.

(S-2) It's just genuine guidance from someone who cares.

(S-1) Exactly. And while he's tailoring it to Lac and An,

(S-2) Mhm.

(S-1) the principles are universal.

(S-2) Totally. We can all learn from this.

(S-1) Think about how we might use his wisdom in our own lives.



(S-2) That's what makes these deep dives so great.

(S-1) They are.

(S-2) It's not just about analyzing. It's about finding insights we can actually use

(S-1) for growth, self-discovery.

(S-2) Exactly.

(S-1) I'm excited to keep exploring his wisdom.

(S-2) Me, too. So far, we focused on the specific advice for each kid.

(S-1) Right.

(S-2) But I want to unpack the stuff that applies to both of them.

(S-1) Ooh, the universal wisdom.

(S-2) Yeah, the stuff that applies to all of us.

(S-1) Okay, let's do it. There are definitely some nuggets in there that resonate across the board.

(S-2) There are. And one that really struck me was his emphasis on the power of words.

(S-1) Oh, good one. He talks about that a lot.

(S-2) He does. He's always encouraging both lack and an to choose their words carefully,

(S-1) especially when they're angry

(S-2) or frustrated.

(S-1) Makes sense.

(S-2) And there's a reason for that.

(S-1) A neurological one.

(S-2) Exactly. Words have a huge impact on our brains.

(S-1) They do.

(S-2) And on our relationships,

(S-1) Right. Right.

(S-2) Kind words, you know, they can trigger those feel good hormones

(S-1) like oxytoin.

(S-2) Well, harsh words activate our stress response.

(S-1) It's like a physiological change.

(S-2) It is. So, it's Not just about being polite.

(S-1) Okay.

(S-2) It's about creating a more positive emotional environment

(S-1) for ourselves and the people around us.

(S-2) Exactly. He's teaching them to be mindful of their language

(S-1) because words can heal or wound.

(S-2) Exactly. And that applies to how we talk to ourselves, too.

(S-1) Ooh, that's a good point. Self-talk is huge.

(S-2) If we're constantly beating ourselves up with negative thought,

(S-1) it's going to impact everything.

(S-2) Exactly. And this ties back to what he says about apology.

(S-1) Oh, yeah. He's a big believer in that.

(S-2) He is. And he encourages both Lac and An to practice it.

(S-1) He does. But he doesn't just frame it as making amends with others.

(S-2) Right. He talks about apology as a form of self forgiveness, too.

(S-1) Huh. That's an interesting perspective.

(S-2) It is. Right. What he seems to be saying is when we apologize to ourselves, we're acknowledging our mistakes, taking responsibility, and committing to doing better. It's like extending grace to ourselves,

(S-1) recognizing we're human, allowed to mess up sometimes.

(S-2) Exactly. And make you think about how often we hold ourselves to these impossible standards.

(S-1) We do.

(S-2) and then beat ourselves up when we inevitably fall short.

(S-1) Yeah. We're our own worst critic sometimes.

(S-2) Totally. Maybe a little self-apology now and then could help us break free from that

(S-1) from that cycle of self-criticism.

(S-2) Yeah.

(S-1) That's a powerful takeaway. I like that.

(S-2) But it speaks to the transformative potential of forgiveness. You know.

(S-1) I do. Not just in our relationships with others, but with ourselves, too.

(S-2) That's the key.

(S-1) It is. Yeah. It really is like giving ourselves permission to be human, you know, flaws and all.

(S-2) Totally. And speaking of heavy burdens, you know, this dad also talks about the weight of holding on to anger toward others.

(S-1) Oh, yeah. Yeah, he does.

(S-2) He even says that forgiveness is like an invisible force.

(S-1) Ooh, I like that.

(S-2) That can transform our lives

(S-1) and our relationships.

(S-2) Exactly.

(S-1) I love that he uses that phrase invisible force.

(S-2) Me, too. It's so powerful.

(S-1) It is. It speaks to the ripple effect of forgiveness,

(S-2) the ripple effect.

(S-1) Yeah. Like how it extends way beyond just that initial act of letting go.

(S-2) So it's not just an internal thing.

(S-1) No, not at all. When we choose to forgive, we're not just freeing ourselves

(S-2) from the anger and resentment,

(S-1) Right. We're also creating space

(S-2) for when

(S-1) healing and growth in our relationships.

(S-2) Okay. So it has an outward impact, too.

(S-1) Absolutely. Think about it this way.

(S-2) Okay.

(S-1) When we're holding on to anger towards someone,

(S-2) Mhm.

(S-1) it creates a barrier

(S-2) between us.

(S-1) Yeah. It's like an invisible wall.

(S-2) Yeah.

(S-1) That prevents us from really connecting,

(S-2) from understanding each other.

(S-1) Exactly. But when we forgive,

(S-2) that wall comes down.

(S-1) It crumbles and it allows for a deeper, more authentic relationship to emerge.

(S-2) It's like we're clearing the air,

(S-1) creating a fresh start.

(S-2) Exactly. And this dad seems to think that this clearing of the air, you know, it can have a ripple effect.

(S-1) That goes beyond just the two people involved.

(S-2) Exactly.

(S-1) He does. He even suggests that forgiveness is the key to living in a um beautiful world filled with love.

(S-2) Okay. Now, that might sound a little idealistic.

(S-1) It does a little bit.

(S-2) I get what he's saying.

(S-1) He's talking about the transformative power of forgiveness,

(S-2) but like on a bigger scale.

(S-1) Yes. On a collective level.

(S-2) So, so if more people practice forgiveness,

(S-1) Mhm.

(S-2) wouldn't the world be a more compassionate, understanding place?

(S-1) Exactly. It's like a chain reaction of positivity.

(S-2) Ooh, I like that.

(S-1) When we choose to forgive, we're not just healing our own wounds.

(S-2) Okay.

(S-1) We're inspiring others to do the same.

(S-2) It's like we're planting seeds

(S-1) of empathy and understanding

(S-2) that can spread and grow

(S-1) throughout our communities and beyond.

(S-2) Wow. This is making me realize that forgiveness is like a a much bigger deal than I thought.

(S-1) It is. It really is.

(S-2) It's not just about letting go of personal grudges. It's about creating a more loving and harmonious world.

(S-1) I think that's at the heart of what this father is trying to convey.

(S-2) Yeah. And that's what makes his letter so inspiring.

(S-1) It really is. He's not just giving practical advice.

(S-2) Giving them values.

(S-1) Values that can create real change. positive change.

(S-2) Exactly. It's like he's giving them a legacy

(S-1) of love and understanding that they can carry with them throughout their lives

(S-2) and pass on to others.

(S-1) Exactly. And even though his letter is for his kids,

(S-2) Mhm.

(S-1) the wisdom is for everyone.

(S-2) It's timeless.

(S-1) We can all learn from it.

(S-2) Absolutely. And as we wrap up this deep dive, I want to leave our listeners with a couple of thoughtprovoking questions.

(S-1) Oh, good idea. I love that.

(S-2) What small act of forgiveness can you practice today? Maybe toward yourself or someone else.

(S-1) Think of a time when anger led you to a bad decision. You know, how might things have been different if forgiveness had been part of the equation?

(S-2) These are good questions to think about. Forgiveness isn't a one-time thing, you know, it's a practice,

(S-1) like a muscle we have to strengthen.



(S-2) Exactly. And this father's letter gives us a way to do that.

(S-1) A blueprint,

(S-2) a blueprint for cultivating forgiveness in our own lives.

(S-1) And remember, even the smallest acts of forgiveness, they can make a difference.

(S-2) They ripple outwards,

(S-1) creating a more positive and compassionate world.

(S-2) I love that. And the father says it so well in his letter.

(S-1) Oh, yeah. What's the quote?

(S-2) He says, "Forgiveness helps you not only overcome difficulties, but also opens your hearts wider, understanding, and loving more."

(S-1) That's beautiful.

(S-2) It is. And it reminds us that forgiveness isn't weakness.

(S-1) It's strength.

(S-2) Profound strength.

(S-1) It's a gift.

(S-2) A gift we give to others

(S-1) and to ourselves.

(S-2) And on that note, we'll wrap up this deep dive into the transform formative power of forgiveness.

(S-1) We hope you enjoyed it.

(S-2) And that you feel inspired to, you know, bring more forgiveness into your life.

(S-1) Yeah, it is. It's like stepping out of that storm,

(S-2) into the sunshine,

(S-1) fresh start.

(S-2) And I think that's a perfect note to end on. You know,

(S-1) It is this father's letter. It's it's a reminder that forgiveness, it can be tough.

(S-2) It can,

(S-1) but it's a path to freedom,

(S-2) to growth,

(S-1) deeper connection

(S-2) with ourselves and with the world.

(S-1) A journey worth taking,

(S-2) even if it's one small step at a time.

(S-1) Exactly.

(S-2) Well, that brings us to the end of our deep dive into this father's um really insightful letter about forgiveness.

(S-1) It was a good one.

(S-2) It was and we hope you found it as thoughtprovoking as we did.

(S-1) Absolutely.

(S-2) And maybe even feel inspired to, you know, explore the power of forgiveness in your own life.

(S-1) It's a powerful thing.

(S-2) It really is. Thanks for joining us.

(S-1) Thanks everyone.

End.

MP3: The Transformative Power Of Turning Anger Into Forgiveness

<https://moingaymotchuyen.com/Anger-Forgiveness>

# The Transformative Power Of Turning Resentment Into Gratitude

(S-2) Hey everyone, welcome back. We're going deep today. Really deep. Um, we're going to be talking about turning resentment into gratitude.

(S-1) Oo, that's a good one.

(S-2) Yeah. And we're going to be doing it through this really interesting lens. A letter from a father to his two children.

(S-1) Okay.

(S-2) Lac who is 20 and Ann who is 15.

(S-1) Okay. Interesting.

(S-2) Yeah. It's like a guide, a personal guide to just like navigating life's ups and downs. What are your initial thoughts on uh on this approach?

(S-1) Well, I think it's interesting how personal it is. like this father is using his own experience to offer guidance.

(S-2) Yeah.

(S-1) Um and it's not just about you know preaching gratitude. It's about sharing his struggles insights.

(S-2) And you know I think we all have those like storms in life right like work deadlines, relationship issues or just you know that general feeling of being stuck.

(S-1) Totally.

(S-2) And this letter seems to offer this really fresh perspective on how to weather those storms. I'm curious what jumped out at you as particularly insightful.

(S-1) Well the thing that really stood out to me was his analogy of clouds and storms.

(S-2) Okay.

(S-1) You know, he's not saying that challenges are bad. He's just pointing out that they're a part of life,

(S-2) Right.

(S-1) Just like clouds are a part of the weather.

(S-2) Okay. I like that. So, he's not denying the reality of difficult situations. But he's suggesting there's more to the picture.

(S-1) Yes.

(S-2) Like those clouds can bring rain which ultimately helps things to grow.

(S-1) Exactly. And that's where gratitude comes in.

(S-2) Okay.

(S-1) He's saying instead of getting bogged down by resent contentment when these storms hit.

(S-2) Mhm.

(S-1) Maybe there's a way to see them as opportunities for growth.

(S-2) I see what you mean. So instead of just like focusing on how unfair things are or how difficult they are.

(S-1) Yeah.

(S-2) We shift our focus to what we can learn from them,

(S-1) Right.

(S-2) It's like a total perspective shift.

(S-1) It is a pretty big shift.

(S-2) Yeah.

(S-1) And I think it's especially relevant to Lac.

(S-2) Okay.

(S-1) The 20-year-old because he's probably facing those classic adulting challenges,

(S-2) Right.

(S-1) like university pressure, career choice, you know, just figuring out who he is and what he wants.

(S-2) Oh, man. That takes me back. I mean, when I think about my own experience at that age,

(S-1) Right.

(S-2) the pressure was intense.

(S-1) I bet.

(S-2) It felt like every decision had these huge consequences. Oh, I wish I had had this letter back then.

(S-1) Yeah, I get that. And the father seems to recognize just how overwhelming that phase of life can be.

(S-2) Right.

(S-1) He specifically talks about failing an exam.

(S-2) Okay.

(S-1) Not as a disaster,

(S-2) Mhm.

(S-1) but as an opportunity.

(S-2) That's interesting. It's like he's saying like, "Hey, you're going to mess up sometimes."

(S-1) Yeah.

(S-2) It's part of the process. So, instead of just getting stuck in that feeling of failure, he's suggesting a different way to look at it.

(S-1) Right.

(S-2) How would you apply this in like a real world situation?

(S-1) Okay. So, imagine you're in Lac's shoes. You studied really hard for an exam,

(S-2) Okay.

(S-1) But you didn't get the grade you were hoping for.

(S-2) Right.

(S-1) So, instead of being consumed by resentment or

disappointment, what if you ask yourself What can I learn from this?

(S-2) Okay.

(S-1) Did I prepare effectively or are there any areas where I need to strengthen my understanding?

(S-2) Wow, that's a totally different way to approach it. It takes the sting out of the failure,

(S-1) Right.

(S-2) And turns it into like a learning experience. So instead of feeling defeated, you're empowered to make adjustments and improve.

(S-1) Exactly. And it's not just about academics,

(S-2) Right.

(S-1) This applies to so many areas of life. Relationships, work projects.

(S-2) Sure.

(S-1) Think about a time you faced a setback.

(S-2) Okay.

(S-1) Like maybe a project didn't go as planned or you received some feedback that felt harsh.

(S-2) Yeah.

(S-1) Could you have used that experience as a learning opportunity?



(S-2) That's a really good question and honestly it makes me realize how often I just get stuck in that cycle of resentment and blame.

(S-1) Yeah.

(S-2) Instead of asking myself, okay, what can I learn from this?

(S-1) Right.

(S-2) And that's what's so powerful about this letter. It's offering a different lens to view those inevitable challenges that we all face.

(S-1) Totally.

(S-2) And It's not just for the 20-year-old, you know, the father also addresses his daughter An who is 15.

(S-1) Oh, right. Yes.

(S-2) And navigating that whole teenage world.

(S-1) Yeah. And those teenage years, they come with their own unique set of storms.

(S-2) Oh, absolutely. It's such a time of intense change.

(S-1) Yeah.

(S-2) Both physically and emotionally.

(S-1) Absolutely. And the father, he seems to really get the pressure she's facing from social anxieties to self-esteem issues.

(S-2) Totally.

(S-1) And he offers her a slightly different kind of advice.

(S-2) I'm really curious about that. So, what does he say to her? How is his approach different for An?

(S-1) He emphasizes self-compassion,

(S-2) Okay.

(S-1) especially in the context of all the physical and emotional changes she's experiencing. He's basically saying, "Hey, I know this is tough,

(S-2) Right.

(S-1) But try to be kind to yourself,

(S-2) Okay.

(S-1) even when your body feels awkward, or your emotions are all over the place."

(S-2) I mean, that's so important for teenage girls, you know, who are often bombarded with these like unrealistic beauty standards and social pressures. Yeah. It's like he's reminding her that her worth isn't tied to her appearance.

(S-1) Exactly.

(S-2) Or how perfectly she fits in.

(S-1) Right.

(S-2) He also encourages her to focus on the good things, to appreciate those like simple joys that make up her day.

(S-1) Yeah.

(S-2) It's like a counterbalance to the teenage tendency to get caught up in all the drama and negativity.

(S-1) Totally. It's like training your brain to look for the positive...

(S-2) Right.

(S-1) ...even when things feel tough.

(S-2) And I think that's It's a skill that we can all benefit from.

(S-1) Oh, for sure.

(S-2) You know, not just teenagers.

(S-1) Absolutely. Especially in today's world,

(S-2) Right.

(S-1) You know, everything's so fast-paced...

(S-2) Totally.

(S-1) ...and achievement oriented.

(S-2) We're constantly striving, pushing ourselves, comparing ourselves to others. It's easy to forget to just like appreciate what we already have.

(S-1) It really is.

(S-2) Absolutely. And it makes me wonder, are there like specific techniques he recommends for cultivating that sense of gratitude?

(S-1) Oh, absolutely. We'll dive into those, but first I'm curious to hear your thoughts. What resonates with you most about this idea of turning resentment into gratitude?

(S-2) I think what resonates with me most is how he emphasizes that it's an ongoing process.

(S-1) Right.

(S-2) You know, it's not just a one-time fix. It's about like consistently choosing to see things differently,

(S-1) Right.

(S-2) which isn't always easy.

(S-1) No, it's not.

(S-2) And that's why I find the specific techniques that he outlines to be so valuable.

(S-1) Okay.

(S-2) Because they offer practical ways to make gratitude a habit, not just a fleeting thought.

(S-1) I like that. Okay, so give me the goods. What are some of these techniques?

(S-2) Well, he suggests quite a few and he actually tailors them to each child.

(S-1) Okay.

(S-2) so for Lac, who's dealing with, you know, those early adulthood pressures.

(S-1) Right.

(S-2) He suggests things like viewing challenges as learning opportunities. We kind of touched on that, but

(S-1) Yeah.

(S-2) it bears repeating.

(S-1) For sure.

(S-2) It's about reframing failures as stepping stones.

(S-1) Okay. Yeah. So, in Instead of getting stuck in that I messed up mindset.

(S-2) Mhm.

(S-1) It's more about asking, okay, what can I learn from this?

(S-2) Exactly.

(S-1) What can I do differently next time?

(S-2) Yeah,

(S-1) I love that. It really shifts the focus from self-blame to a more proactive approach.

(S-2) Totally. And he also encourages Lac to practice gratitude every morning.

(S-1) Oh, wow.

(S-2) Like starting the day with a dose of positivity.

(S-1) Okay.

(S-2) You know, imagine waking up and just listing a few things you're thankful for,

(S-1) Right.

(S-2) even simple things. like a cup of coffee,

(S-1) Uhhuh.

(S-2) or a sunny day.

(S-1) Yeah, I've actually tried that before.

(S-2) Yeah.

(S-1) And honestly, it really does make a difference. It's so easy to get caught up in the to-do list and all the stresses of the day.

(S-2) Totally.

(S-1) But yeah, just taking a moment to appreciate the good stuff it does.

(S-2) It puts things in perspective.

(S-1) Yeah, it really does.

(S-2) And he goes beyond just personal reflection.

(S-1) Okay.

(S-2) He also encourages Lac to actively express gratitude to others,

(S-1) Right.

(S-2) like to thank the people in his life that support him.

(S-1) Mhm.

(S-2) It's about acknowledging that we're not in this alone

(S-1) and it strengthens those bonds of connection.

(S-2) That is so important I think especially for young adults who are navigating that whole transition to independence. It's easy to feel isolated.

(S-1) It is.

(S-2) And expressing gratitude to others is like such a beautiful way to build that support system.

(S-1) It is. It's like building community.

(S-2) Yeah, it is.

(S-1) And it's not just about saying thank you.

(S-2) Okay.

(S-1) He also suggests finding ways to give back.,

(S-2) Oh wow.

(S-1) to help others. It's about taking that feeling of gratitude,

(S-2) Okay.

(S-1) and extending it outward.

(S-2) Gotcha.

(S-1) So, it could be volunteering, donating to a cause,

(S-2) Right.

(S-1) or simply offering a helping hand to someone in need.

(S-2) Yeah. You know what strikes me about all of these techniques is that they're not just about feeling good.

(S-1) Yeah.

(S-2) They're about taking action.

(S-1) Exactly.

(S-2) You It's not just a passive mindset shift. It's about actively engaging with gratitude in your everyday life.

(S-1) Yeah. I love that. That's a great point. And he doesn't stop there.

(S-2) Oh, really? Okay.

(S-1) He even suggests that Lac reviews his failures each month.

(S-2) Now, that sounds counterintuitive.

(S-1) It does, right? But it's not about dwelling on the negative.

(S-2) Okay? So, it's not about just like beating yourself up for past mistakes.

(S-1) Not at all. It's about extracting the lessons learned.

(S-2) Okay.

(S-1) You know, asking, okay, what did I learn from this experience.

(S-2) Right.



(S-1) How can I use this knowledge to move forward? It's about turning those setbacks into like valuable data points,

(S-2) Right.

(S-1) That inform your future decisions.

(S-2) That's pretty powerful to reframe failure like that, you know, instead of letting it define you.

(S-1) Yeah.

(S-2) You're using it as fuel for growth.

(S-1) Exactly.

(S-2) Yeah.

(S-1) And for An, you know, he gives lack those specific techniques, but for An

(S-2) Okay.

(S-1) who's dealing with the unique challenges of adolescence,

(S-2) Right.

(S-1) He offers a slightly different set of tools.

(S-2) I am so intrigued by that. Okay. So, what does he recommend for her?

(S-1) Well, he really emphasizes self-compassion.

(S-2) Okay.

(S-1) Especially in the context of all the physical and

emotional changes she's going through. So he's basically saying be kind to yourself, even when your body feels awkward or your emotions are all over the place.

(S-2) I mean that is so important for teenage girls.

(S-1) It is.

(S-2) Especially who are often bombarded with those unrealistic beauty standards and social pressures.

(S-1) It's like he's reminding her that her worth isn't tied to her appearance,

(S-2) Right.

(S-1) Or how perfectly she fits in.

(S-2) Exactly.

(S-1) He also encourages her to focus on the good things,

(S-2) Okay.

(S-1) to appreciate those like simple joys that make up her day. So, it's like a counterbalance to the teenage tendency to get caught up in drama and negativity.

(S-2) Totally. It's like training your brain to look for the positive even when things feel tough.

(S-1) Yeah.

(S-2) And I think that's a skill that honestly can benefit everyone.

(S-1) Oh, for sure.

(S-2) Not just teenagers.

(S-1) Absolutely.

(S-2) He also encourages an to share her joy with her friends.

(S-1) Mhm.

(S-2) So, it's like acknowledging that you don't have to go through life's ups and downs alone.

(S-1) Right.

(S-2) And that sharing those moments of gratitude, even the small ones, can really deepen our connections and make those experiences even more meaningful.

(S-1) It's true.

(S-2) It's like that saying, joy shared is joy multiplied. And I think it's especially important for teenagers who might feel like no one understands what they're going through.

(S-1) Yeah.

(S-2) And having that support system, you know, like a group of friends who celebrate the good times, and offer a shoulder to cry on during the tough times

(S-1) Yeah.

(S-2) can really make a difference.

(S-1) It really can. And yeah, the father doesn't shy away from acknowledging that difficulties are a part of life,

(S-2) Right.

(S-1) He doesn't try to sugarcoat things for An,

(S-2) Uh-huh.

(S-1) but he encourages her to see those challenges as opportunities for growth.

(S-2) It's like he's saying, "Hey, life's not always going to be easy, but you have the strength to navigate those tough times, and sometimes those tough times are what shape us into the people we're meant to be."

(S-1) Exactly. And what's interesting is, you know, while he's addressing his own children, these techniques, this whole mindset shift, it's applicable to all of us.

(S-2) Right.

(S-1) Regardless of our age or circumstances,

(S-2) I totally agree. It's like he's giving us a blueprint for a more fulfilling life.

(S-1) Yeah.

(S-2) That's grounded in appreciation and resilience.

(S-1) I love that.

(S-2) What are your thoughts? What's resonating with you most as we're unpacking all of this?

(S-1) I think what's really sticking with me is how practical this all is.

(S-2) Right.

(S-1) You know, it's not just about these like vague feel-good notions of gratitude. He's giving his kids and by extension us like actual tools to cultivate that feeling in our everyday lives.

(S-2) It's like he's saying, "Here's how you can actually shift your perspective even when things are tough. It's a practice."

(S-1) And that brings me to something I've been wondering about.

(S-2) Okay.

(S-1) We've talked about the how-tos,

(S-2) Right.

(S-1) But why is this even important?

(S-2) Yeah.

(S-1) Like what's the big deal about gratitude? Anyway,

(S-2) That's a great question and I think it goes beyond just feeling good.

(S-1) Okay.

(S-2) You know, there's a growing body of research

(S-1) that suggests gratitude can have a real impact on our well-being...

(S-2) Okay.

(S-1) ...both mentally and physically.

(S-2) Really? So, it's not just some fluffy self-help concept. There's like science behind it.

(S-1) There is actual science. Yeah.

(S-2) Wow. Okay.

(S-1) Studies have shown that people who practice gratitude regularly tend to experience lower levels of stress and anxiety.

(S-2) Interesting.

(S-1) They report better sleep.

(S-2) Okay.

(S-1) And there's even evidence to suggest that it can boost your immune system.

(S-2) Wow, that's fascinating. I knew it can make you feel better emotionally, but

(S-1) Right.

(S-2) to have actual physical benefits.

(S-1) Yeah,

(S-2) That's pretty amazing.

(S-1) It is. And what's striking to me is that the father in this letter,

(S-2) Yeah.

(S-1) he seems to understand this intuitively,

(S-2) Right.

(S-1) Even without citing all the research studies, his advice aligns perfectly with what science is now discovering.

(S-2) Wow. It's like he's tapped into this timeless wisdom that's finally being validated by modern science. It's like he's ahead of his time. Okay, so we've covered the techniques, the benefits, but I'm still curious about something. Is there ever a downside to focusing on gratitude? Like what about those times when things are genuinely awful?

(S-1) Yeah.

(S-2) When it feels like impossible to find anything to be grateful for?

(S-1) That's a really important point and I think it's crucial to acknowledge that gratitude is not about denying or suppressing difficult emotions.

(S-2) Okay.

(S-1) It's not about pretending everything is perfect,

(S-2) Right.

(S-1) It's more about finding those glimmers of light, those moments of appreciation even amidst the darkness.

(S-2) So, it's not about ignoring the tough stuff.

(S-1) Not at all. It's more about choosing where you focus your attention.

(S-2) Okay.

(S-1) You know, imagine you're going through a really challenging time.

(S-2) Mhm.

(S-1) Like maybe a job loss,

(S-2) Right.

(S-1) Or a health issue.

(S-2) Yeah.

(S-1) It's perfectly natural to feel sad, angry, frustrated.

(S-2) Sure.

(S-1) You know those emotions are valid.

(S-2) But you're saying it's not helpful to get stuck in those negative feelings.

(S-1) Exactly. And gratitude doesn't erase those feelings,

(S-2) Right.

(S-1) But it can offer a different perspective. You know, maybe amidst the stress of job hunting, you find gratitude for the support of your family and friends, or during a health challenge, you appreciate the small things you can still do.

(S-2) Right.

(S-1) It's about finding those pockets of positivity that can help you cope and stay resilient.

(S-2) That makes a lot of sense. It's not about denying the reality of the situation.



(S-1) Right.

(S-2) It's about finding those sources of strength and hope...

(S-1) Yeah.

(S-2) ...that can help you navigate those difficult times.

(S-1) And sometimes the simple act of acknowledging what you're grateful for can shift your entire perspective.

(S-2) I like that.

(S-1) It's like that quote, gratitude turns what we have into enough.

(S-2) Oh, I love that. It's so true. It's not about having more.

(S-1) Yeah.

(S-2) It's about appreciating what you already have.

(S-1) And I think that's a really powerful message,

(S-2) Right.

(S-1) especially in today's world where we're constantly bombarded with these messages that we need more.

(S-2) Yeah.

(S-1) That we're not enough as we are.

(S-2) Totally.

(S-1) Gratitude is a powerful antidote to that.

(S-2) It's like a reminder to just be present, to appreciate the good things in our lives.

(S-1) Yeah.

(S-2) Rather than constantly chasing after something better.

(S-1) Exactly. So, as we wrap up this deep dive into turning resentment into gratitude,

(S-2) Yes.

(S-1) I'd love to leave you listener name with a final thought provoking question.

(S-2) Okay.

(S-1) If you could write a letter to your younger self.

(S-2) Mhm.

(S-1) What advice would you give about turning resentment into gratitude?

(S-2) What wisdom have you gained through your experiences that you wish you could share with that younger version of yourself?

(S-1) Right.

(S-2) What challenges did you face? What lessons did you learn?

(S-1) And how did gratitude or the lack of it shape your journey?

(S-2) Maybe take a moment to reflect on that.

(S-1) Yeah.

(S-2) And jot down a few words of advice.

(S-1) It could be a really powerful exercise in self-reflection.

(S-2) Yeah.

(S-1) And a beautiful gift to your past self.

(S-2) Because even though we can't change the past, we can always choose to approach the present with a more grateful and open heart.

(S-1) And who knows, maybe those words of wisdom will even inspire your future self.

(S-2) So until next time, keep diving deep and keep seeking those moments of gratitude no matter where you are on your journey.

End.

MP3: Transforming Resentment into Gratitude

<https://moingaymotchuyen.com/Resentment-Gratitude>

# The Transformative Power Of Turning Disappointment into Motivation

(S-1) Welcome back everyone to another deep dive. And today we're really um digging into something I think we all struggle with from time to time.

(S-2) Uh huh.

(S-1) And that is turning disappointment into motivation.

(S-2) Oh yeah, big time.

(S-1) So to help us with this, we have a fantastic expert here with us today.

(S-2) It's great to be here.

(S-1) So to guide us through this, we're going to be looking at a letter from a father to his kids. His son Lac who is 20 and his daughter An who is 15.

(S-2) Okay.

(S-1) And he's really trying to give them advice on how to kind of deal with those curve balls life throws at you. Those times when things don't go as planned.

(S-2) Yeah,

(S-1) I think we can all relate to that, right?

(S-2) For sure.

(S-1) So, we're going to try to kind of unpack this letter and see what nuggets of wisdom we can find and

hopefully, you know, leave here today feeling a little more equipped to deal with our own disappointments.

(S-2) I love it.

(S-1) So, what I found really interesting about this letter was that it didn't feel like one of those, you know, generic motivational speeches you see online.

(S-2) Right.

(S-1) You know, this father really seems to get it. He's not sugarcoating things.

(S-2) Yeah.

(S-1) He's talking about his own experiences with setbacks and how he learned from them and actually used them to fuel his success.

(S-2) What I picked up on is that he seems to be someone who's not afraid to admit he's made mistakes.

(S-1) Yeah.

(S-2) And you can tell he's learned a lot from those experiences.

(S-1) Absolutely. So, he's walking the walk, not just talking the talk.

(S-2) Totally.

(S-1) Okay. So, where does he start with his kids?

(S-2) Well, he starts by acknowledging that disappointment is something we all go through. It's a universal human experience.

(S-1) Yeah.

(S-2) You know, Lac and An are at those ages where disappointments can feel even more intense, right? Like exams, career choices, social pressures.

(S-1) Oh, yeah. Big time.

(S-2) They got a lot on their plates.

(S-1) Yeah. And the way he frames this whole idea is really interesting. He compares life to a river.

(S-2) Oh, I like that.

(S-1) Sometimes it's calm and peaceful. Other times it's, you know, wild and unpredictable.

(S-2) So instead of seeing those rough patches as something to avoid,

(S-1) Right.

(S-2) He's saying they're a natural part of the journey.

(S-1) Exactly. It's a shift in perspective from you know why is this happening to me to okay this is happening now what?

(S-2) And that shift is so crucial, it's about taking control.

(S-1) Yeah so it's not about avoiding those challenges altogether but about learning how to navigate them.

(S-2) Exactly.

(S-1) So let's get into some specifics now what kind of disappointments are Lac and actually facing?

(S-2) Well, Lac is dealing with some serious exam disappointment he put in a lot of effort but the results just weren't what he'd hoped for.

(S-1) I think that's something a lot of young adults struggle with, that pressure to succeed.

(S-2) Oh, absolutely.

(S-1) On paper, at least.

(S-2) Yeah. And the father's advice here goes beyond the usual try harder next time.

(S-1) Okay. He digs a little deeper.

(S-2) He does. He actually encourages Lac to see this failure not as a full stop, but more like a comma, you know, like a pause.

(S-1) Interesting.

(S-2) A chance to learn valuable lessons that you won't find in textbooks.

(S-1) So, it's like he's saying, "Okay, you didn't get the grade you wanted, but what can you take away from this experience.

(S-2) Yeah. He talks about this idea of failing forward.

(S-1) I like that.

(S-2) And from a psychological standpoint, this taps into the whole idea of a growth mindset.

(S-1) Okay. Remind us what that is again.

(S-2) It's the belief that we can develop our abilities through hard work and dedication.

(S-1) So, it's not about being born with a certain level of talent.

(S-2) Right.

(S-1) It's about believing you can improve.

(S-2) Exactly.

(S-1) I love that. And it makes me think of all those successful entrepreneurs who talk about their early failures, as being crucial to their eventual success.

(S-2) Absolutely.

(S-1) It's like they use those setbacks as fuel, because that's Lac. Now, what about An comes out? What's she struggling with?

(S-2) Well, she's dealing with feelings of loneliness and inadequacy.

(S-1) Ah.

(S-2) Like she doesn't measure up,

(S-1) which is so common for teenagers, right?

(S-2) Oh, it's incredibly common. They're trying to figure out who they are, where they fit in.

(S-1) Exactly.

(S-2) And what's really insightful is that the father doesn't dismiss these feelings as just typical teenage angst.



(S-1) So, he validates her experience.

(S-2) He does. says, “An, then he encourages her to reframe this loneliness as a potential space for self-discovery.”

(S-1) Okay, I'm intrigued. What does he mean by that, and how does it help?

(S-2) He's suggesting that when we're alone without distractions, we can really connect with ourselves on a deeper level.

(S-1) So, it's like turning inwards instead of outwards.

(S-2) Exactly. It's a chance to explore your strengths and weaknesses, your values, your dreams.

(S-1) So, he's basically saying that solitude, if you approach it intentionally, can actually be a catalyst for growth.

(S-2) Absolutely.

(S-1) It's like changing the narrative from I'm alone and therefore I'm not good enough to I'm alone and this gives me a chance to understand myself better.

(S-2) Yeah. It's a powerful shift.

(S-1) It really is.

(S-2) Yeah.

(S-1) I'm already starting to see how this father's approach is so different from the usual advice you hear,

(S-2) Right.

(S-1) He's not just offering quick fixes.

(S-2) No.

(S-1) He's encouraging his kids to really look inward and examine their thoughts and feelings to change their perspectives and ultimately to take ownership of their experiences.

(S-2) That's a great observation. And what's even more impressive is He doesn't stop at these broader concepts. He actually provides specific actionable techniques for both Lac and An to put these ideas into practice.

(S-1) Okay. Now, this is where it gets really interesting for our listeners.

(S-2) Right.

(S-1) Because we can all relate to those feelings of disappointment.

(S-2) Yeah.

(S-1) But what we really need are the tools to transform those feelings into something positive, something empowering.

(S-2) Exactly. And that's what we're going to delve into next.

(S-1) I can't wait. Let's do it.

(S-2) All right.

(S-1) So, let's talk about those tools, those practical strategies. What does the father actually recommend for

Lac and An?

(S-2) Well, for Lac, one of the first things he suggests is journaling.

(S-1) Journaling?

(S-2) Yeah. You know, encourage Lac to write down his feelings and thoughts when he's hit with disappointment.

(S-1) Huh, that's interesting. Why do you think he emphasizes that?

(S-2) Well, from a psychological perspective, journaling is a really powerful tool for processing emotions.

(S-1) Okay.

(S-2) You know, when disappointment hits, it can be hard to think straight.

(S-1) Oh, yeah. For sure.

(S-2) Your thoughts and feelings are all jumbled up.

(S-1) Absolutely.

(S-2) But journaling gives you a space to sort of get it all out,

(S-1) Right.

(S-2) You put those swirling emotions down on paper and it helps you gain clarity.

(S-1) So, it's like untangling those thoughts and feelings.

(S-2) Exactly.

(S-1) Making sense of them. And just the act of writing it down can be therapeutic, right?

(S-2) Absolutely. It allows you to step back and observe those thoughts and feelings from a distance.

(S-1) Okay.

(S-2) And that can give you a sense of control.

(S-1) It's like you're taking those overwhelming emotions and putting them in a container.

(S-2) Yes. Exactly.

(S-1) So they feel more manageable.

(S-2) Right. Once those emotions are out in the open,

(S-1) Yeah.

(S-2) the father suggests shifting focus to what Lac can control.

(S-1) Okay.

(S-2) It's about taking ownership of the situation.

(S-1) So instead of dwelling on what could have been,

(S-2) Right.

(S-1) or who's to blame?

(S-2) Exactly.

(S-1) It's about asking, okay, what can I do now to move forward?

(S-2) Yes. It's about empowerment.

(S-1) I like that.

(S-2) And to make that feel even more doable, he suggests breaking down larger aspirations into smaller, more achievable goals.

(S-1) Oh, that's a classic tip, but it makes so much sense here.

(S-2) It does.

(S-1) When you're feeling discouraged, those small wins can really boost your motivation.

(S-2) Absolutely. And it prevents that feeling of being overwhelmed.

(S-1) Yeah.

(S-2) Which can lead to procrastination and then more disappointment.

(S-1) Right. It's like a vicious cycle.

(S-2) Yeah.

(S-1) So, setting small goals is like creating a road map to success one step at a time.

(S-2) I love that analogy.

(S-1) Okay. So, what other practical advice does he give Lac?

(S-2) Well, he also emphasizes the importance of out mentors or role model.

(S-1) Oh yeah. The power of mentorship.

(S-2) It's huge. You know, having someone who's been there, done that to offer guidance and encouragement.

(S-1) Yeah. And to show you that it's possible.

(S-2) Exactly. And the father specifically mentions reaching out to people who've faced similar challenges and come out stronger on the other side.

(S-1) It's like saying, "Hey, look, you're not alone in this. Other people have gone through this and you can too."

(S-2) Right. And he doesn't stop there. He also encourages lack to embrace stillness.

(S-1) Stillness.

(S-2) Yeah. To treat a quiet space for reflection and self-discovery.

(S-1) So amidst all the action steps and goal setting, he's also saying, "Hey, it's important to take some time to just be."

(S-2) Exactly. He even suggests finding a physical space where Lac can disconnect from the noise and reconnect with himself.

(S-1) Okay. So, it could be like a corner in his room or a park bench or something.

(S-2) Yeah. Anywhere he can just be present with his thoughts and feelings without judgment.

(S-1) I love that. It's like hitting the pause button on life's crazy pace.

(S-2) Yeah.

(S-1) And finally, he reminds Lac that he doesn't have to go through this alone.

(S-2) Right.

(S-1) He encourages him to reach out to loved ones, friends, even a therapist for support.

(S-2) Exactly. You know, sometimes we try to tough it out on our own, but sharing our struggles with others can make a huge difference.

(S-1) Absolutely. Vulnerability is not a weakness.

(S-2) It's actually a strength.

(S-1) Yeah. It takes courage to ask for help.

(S-2) It does.

(S-1) Okay. So, that's a pretty solid road map for Lac. Wouldn't you say.

(S-2) It is.

(S-1) It's got a whole toolkit for turning that academic appointment into fuel for growth.

(S-2) Yeah. From journaling and goal setting to seeking mentorship and embracing stillness.

(S-1) That's a great starting point.

(S-2) But remember, the father tailors his advice to each child's specific challenges.

(S-1) Right. An's going through something different.

(S-2) Yes. She's dealing with those feelings of loneliness, inadequacy. You know, that feeling of not belonging.

(S-1) Yeah. What kind of guidance does he offer her?

(S-2) Well, his starting point for An is all about emotional intelligence.

(S-1) Okay.

(S-2) He emphasizes the importance of accepting her feelings.

(S-1) So, don't deny them. Don't bury them.

(S-2) Right. Acknowledge them as part of the human experience.

(S-1) That's so important, especially for teenagers who are often told to just suck it up.

(S-2) Absolutely. He's giving her permission to feel those emotions fully.

(S-1) Yeah. And he goes on to explain that those emotions, even the negative ones, are valuable messengers. They're trying to tell us something. So, instead of pushing them away, we can learn to listen to them.

(S-2) It's like viewing those emotions as data, as clues can help you understand yourself better.

(S-1) So once you've acknowledged those feelings,



(S-2) Yeah.

(S-1) What's next?

(S-2) Well, the father encourages Anne to dig deeper,

(S-1) Okay.

(S-2) and explore the root cause.

(S-1) So it's like playing detective with your own feelings. You got to figure out what's triggering those emotions.

(S-2) Right. Is it external pressure, internal expectations, past experiences, something else entirely?

(S-1) Once you identify the culprit, you can start to address it more effectively.

(S-2) And he reminds her that she doesn't have to go through this alone.

(S-1) Yeah.

(S-2) Talk to trusted friends, family members, even a counselor can provide a safe space to process those feelings and find solutions.

(S-1) It's all about having a support system.

(S-2) Absolutely.

(S-1) Now, I'm curious about the advice he gives specifically about disappointment.

(S-2) Okay.

(S-1) What's his take on that for An?

(S-2) Well, he encourages her to view disappointment not as a setback, but as an opportunity for growth.

(S-1) Okay, that sounds familiar. He gave similar advice to Lac.

(S-2) He did, but he frames it a bit differently.

(S-1) Oh, how so.

(S-2) He connects it to the concept of change.

(S-1) Change.

(S-2) Yeah. He encourages her to embrace change, to see it not as something to fear, but as a natural part of life, an opportunity for growth.

(S-1) That's interesting. So, he's acknowledging that change can be tough, especially for teenagers who are already going through so much.

(S-2) But he's encouraging her to see the positive potential in those shifts.

(S-1) So, instead of getting stuck in the why me mindset, it's about asking, okay, what needs to change? What can I learn from this?

(S-2) Exactly. It's about being flexible, being open to new possibilities, and understanding that even those seemingly negative experiences can lead to positive outcomes.

(S-1) I see. And does he give her any practical tips, you know, things she can do on a daily basis?

(S-2) He does. He really stresses the importance of creating positive habits.

(S-1) Okay. Like what?

(S-2) Like starting each day with a gratitude practice. Yeah. Focusing on small wins.

(S-1) Yeah.

(S-2) Celebrating progress.

(S-1) Those little things can really make a difference.

(S-2) They can they create a foundation of self belief and optimism,

(S-1) which is so important when you're facing challenges.

(S-2) Absolutely. And this is where we start to see the real beauty of the father's approach.

(S-1) What do you mean?

(S-2) He's not just giving orders or instructions. He's speaking to his children with empathy and understanding. He acknowledges that this journey of turning disappointment into motivation is a process.

(S-1) It's not a quick fix.

(S-2) It's not, it's ongoing.

(S-1) You're going to stumble. You're going to make mistakes.

(S-2) Yeah.

(S-1) But what matters is that you keep learning. keep growing, keep choosing to see the potential in those challenges.

(S-2) And he reminds them both in a very heartfelt way that they have the inner strength to overcome any obstacle.

(S-1) It's a powerful message. Okay. So, we've covered a lot of ground here.

(S-2) We have.

(S-1) From journaling and goal setting to embracing change and cultivating positive habits.

(S-2) Right. And what's remarkable is that this advice while tailored to Lac and An

(S-1) Yeah.

(S-2) is applicable to anyone.

(S-1) Yeah. Regardless of your age, or your situation.

(S-2) Exactly. These principles are universal.

(S-1) Yeah. We all face disappointment and setbacks and moments of self-doubt.

(S-2) The key is to change how we respond to those challenges.

- (S-1) So instead of asking why me.
- (S-2) Right.
- (S-1) We can ask what can I learn from this?
- (S-2) Exactly.
- (S-1) How can I use this experience to move forward?
- (S-2) It's about having a growth mindset.
- (S-1) Yeah.
- (S-2) Embracing change and remembering that we have the power to write our own stories.
- (S-1) I love it. It's so empowering
- (S-2) and it brings us back to that river analogy.
- (S-1) Oh yeah.
- (S-2) Life's going to have its calm stretches. is in its rapids.
- (S-1) But with the right mindset and the right tools, we can navigate those waters and come out stronger.
- (S-2) And that brings us to the father's final message to his children.
- (S-1) Okay.
- (S-2) He reminds Lac and An that, you know, life is a journey and it's going to have its ups and downs, its twists and turns, its high points and low points,
- (S-1) Right.

(S-2) But it's those challenges, those moments of disappointment that can actually help you discover your resilience.

(S-1) Look at her strength.

(S-2) Exactly. But he doesn't stop at just, you know, you know, giving them a pep talk.

(S-1) Yeah.

(S-2) He really emphasizes that disappointment is just a chapter. It's not the whole story.

(S-1) I love that.

(S-2) You know, it doesn't define your future.

(S-1) Right. It's like saying, "Okay, this happened."

(S-2) Mhm.

(S-1) But it doesn't dictate who you are or what you can become.

(S-2) Exactly. And he goes on to say, and I'm paraphrasing a bit here, that when you know how to turn disappointment into motivation, you can face any challenge with grace and come out even stronger.

(S-1) That's beautiful.

(S-2) Yeah.

(S-1) It's like he's giving them this key...

(S-2) Yeah.

(S-1) to unlock their...

(S-2) Their resilience.

(S-1) ...their ability to not just bounce back from setbacks, but to use those setbacks as fuel.

(S-2) Absolutely.

(S-1) So, this whole deep dive has really been about that, hasn't it?

(S-2) It has.

(S-1) About empowerment and resilience and the power of perspective.

(S-2) Yeah. You know, we've heard the father's advice to Lac An,

(S-1) Right.

(S-2) But what does this all mean for our listeners?

(S-1) Yeah. How can we apply these principles to our own lives?

(S-2) Well, the beauty of this letter is that these principles are universal.

(S-1) Yeah.

(S-2) We all experience disappointment, setbacks, self-doubt.

(S-1) It's part of being human.

(S-2) It is. And the key takeaway is that we have a choice in how we respond to these challenges.

(S-1) We can wallow or we can view them as opportunities for growth.

(S-2) Exactly.

(S-1) So instead of getting stuck in that why mentality, we can ask ourselves what can I learn from this? How can I use this experience to move forward?

(S-2) It's about having that growth mindset,

(S-1) embracing change,

(S-2) remembering that we have the power to write our own stories.

(S-1) And it all comes back to that river analogy, right? Life is going to have its calm stretches and its rapids. But with the right mindset and the right tools,

(S-2) Yeah.

(S-1) we can navigate those waters and come out stronger and wiser.

(S-2) Absolutely.

(S-1) And more ready than ever to face whatever comes next.

(S-2) Well said.

(S-1) So, I think it's time to leave our listeners with a little something to ponder.

(S-2) I agree.

(S-1) So, dear listener, we ask you this.



(S-2) Mhm.

(S-1) What's one disappointment experience that you can now reframe as a stepping stone to something greater?

(S-2) Take some time to think about that.

(S-1) Yeah.

(S-2) Journal about it. Talk it over with a friend.

(S-1) Whatever helps your process.

(S-2) Because sometimes those seemingly negative experiences hold the potential for incredible growth and transformation.

(S-1) You're not alone on this journey.

(S-2) We're all in this together.

(S-1) Learning, growing, and supporting each other along the way.

(S-2) Until next time,

(S-1) Keep diving deep

(S-2) and keep striving to turn those disappointments

(S-1) into the fuel

(S-2) that propels you. you towards a more fulfilling life.

End.

MP3: Transforming Disappointment into Motivation

<https://moingaymotchuyen.com/Motivation>

# The Transformative Power Of Turning Failure into Opportunity

(S-2) All right. So, are you ready for a deep dive into something pretty interesting? Um, you guys shared a letter with us written by a father to his two kids.

(S-1) Oh, yeah.

(S-2) Lac, who's 20, and An, who is 15. And the topic, well, it's failure, but not the kind that makes you want to, you know, crawl into a hole and hide.

(S-1) Right.

(S-2) This dad's got a different take on it.

(S-1) He does. He does. It's fascinating, actually. Instead of, you know, telling his kids to avoid failing, he's almost like embracing it. It's like he's giving them this road map.

(S-2) Yeah.

(S-1) For how to turn like those inevitable stumbles into something powerful.

(S-2) I'm hooked already. So, what's the motivation? Like what's he trying to teach them?

(S-1) Well, think about it. We live in a world that is obsessed with success,

(S-2) Right.

(S-1) with winning.

(S-2) Right.

(S-1) Failure is often treated like this shameful secret, something to be avoided at all cost.

(S-2) Right.

(S-1) But this letter totally flips that script.

(S-2) Yeah.

(S-1) And it normalizes failure as just a natural part of life, especially for young people who are navigating like all the tricky waters of growing up.

(S-2) And he does this right off the bat with this striking metaphor of failure being like a stream, you know.

(S-1) Yeah.

(S-2) It's constantly changing, adapting, carving its own path.

(S-1) Right. Right.

(S-2) I love that imagery.

(S-1) It's great.

(S-2) It's not static. It's a force. Right?

(S-1) Exactly. He's highlighting the dynamic nature of failure.

(S-2) Yeah.

(S-1) And I think that's so important. He's subtly teaching his kids about resilience, about adaptability. Instead of seeing failure as a dead end, it becomes this

ever evolving path, something you can learn from and even leverage to your advantage.

(S-2) And he doesn't just stop at the metaphor. You know, he gets super specific tailoring his advice to each child's age and the challenges that they're probably facing,

(S-1) Right.

(S-2) Lac at 20 is probably, you know, grappling with career choices, the pressure of studies, maybe even a bit of that impostor syndrome we hear so much about these days.

(S-1) Absolutely.

(S-2) Right.

(S-1) That's, you know, that's on those are prime breeding grounds for self-doubt and the fear of failure.

(S-2) Yeah.

(S-1) Meanwhile, his daughter at 15.

(S-2) Mhm.

(S-1) She's in a whole different world. Teenagers are navigating friendships, social dynamics, they're changing bodies, and trying to figure out where they fit in. Failure at that age can feel incredibly personal...

(S-2) Oh, yeah.

(S-1) ...and intense.

(S-2) Absolutely.

(S-1) Yeah.

(S-2) Okay. So, this dad clearly understands the unique pressures his kids are under.

(S-1) He does.

(S-2) Let's get into the nitty-gritty.

(S-1) Okay.

(S-2) What kind of tangible advice is he giving them to navigate those failure moments, starting with lack the 20-year-old.

(S-1) Well, he actually lays out seven key strategies for Lac. It's like a toolkit.

(S-2) Right.

(S-1) For turning setbacks into opportunities. The first one is review and learn.

(S-2) Okay.

(S-1) It's pretty straightforward. Encouraging Lac to take a step back after a failure.

(S-2) Yeah.

(S-1) And analyze what happened, what went well, what could be improved.

(S-2) It's like turning those oops moments into aha.

(S-1) Yeah.

(S-2) Right. But is that something people actually do? Isn't our instinct just to kind of avoid thinking about the thing that went wrong?

(S-1) You're absolutely right. Our brains are wired to shy away from discomfort.

(S-2) Yeah.

(S-1) But there's a powerful cognitive shift that happens when we actually engage in that kind of reflection.

(S-2) Okay.

(S-1) It allows us to reframe those negative experiences as valuable learning opportunities. The father is essentially encouraging Lac to develop a growth mindset.

(S-2) Okay.

(S-1) To see failure not as a reflection of his worth, but as data to help him improve.

(S-2) And that datadriven approach leads right into his next tip, which is creating a lessons from failure list.

(S-1) Right.

(S-2) I'm imagining this as a sort of journal where Lac documents what he learns from each setback.

(S-1) That's a great way to visualize it.

(S-2) Yeah.

(S-1) It's not about dwelling on the negative, but about actively extracting the insights gained from each

experience. The simple act of writing these lessons down can have a profound impact. There's a psychological concept called encoding, which basically means that the information we write down is more likely to be retained in our memory. Plus, that list becomes a tangible record of growth. A reminder that we're constantly learning and evolving. Imagine looking back on that list and seeing how far you've come, how those so-called failures actually pave the way for future success.

(S-2) I love that. It takes away the sting, right?

(S-1) It does.

(S-2) It reframes failure as a stepping stone rather than a road block.

(S-1) Exactly.

(S-2) What else does this dad suggest for Lac?

(S-1) Well, he also emphasizes the importance of patience. It's a message we hear a lot, but in today's world of instant gratification, I think it's particularly relevant for young people facing pressure to achieve.

(S-2) Yeah.

(S-1) The father is reminding Lac that progress isn't always linear. There will be detours and delays.

(S-2) So true. We're bombarded with images of overnight success stories which can create really unrealistic expectations and lead to feeling of inadequacy.

(S-1) Exactly. It's about setting realistic goals, recognizing that setbacks are part of the process,

(S-2) Right.

(S-1) and giving ourselves grace along the way.

(S-2) Okay, I'm already taking notes.

(S-1) Good.

(S-2) This dad's advice is gold. What's next on his list for Lac?

(S-1) Well, the next piece of advice is really something, especially these days. He talks about accepting imperfection. It's a message I think we could all use a reminder of.

(S-2) Oh, tell me about it. We're constantly bombarded with messages about striving for perfection, especially online. It's exhausting.

(S-1) Yeah, it is. And it's incredibly damaging to our mental health. Perfectionism can lead to anxiety, procrastination.

(S-2) Oh, yeah.

(S-1) And even depression. It sets an impossible standard that we can never truly achieve. This father is encouraging Lac to redefine success for himself. To let go of the need to be flawless and embrace the beauty of imperfection.



(S-2) That's a powerful mindset shift. It makes me wonder, is there a link between perfectionism and our fear of failure?

(S-1) Absolutely. Perfectionism is often rooted in a deep-seated fear of failure, of not being good enough. By letting go of the need to be perfect, we can also loosen the grip of that fear. This father is essentially teaching Lac to be kinder to himself, to embrace his flaws and mistakes as part of the learning process.

(S-2) It's like he's saying, give yourself permission to be human. That's a message we all need to hear no matter how old we are.

(S-1) I agree.

(S-2) Okay. What's the last piece of advice he gives to Lac?

(S-1) The final point he emphasizes is focusing on the journey, not just the result. adult in a world obsessed with outcomes,

(S-2) Right.

(S-1) It's easy to lose sight of the value of the process.

(S-2) I can see how that would be especially tempting for someone Lac's age...

(S-1) Yeah.

(S-2) ...with so much pressure to achieve certain milestones.

(S-1) Right.

(S-2) But why is focusing on the journey so important? What's the benefit?

(S-1) Well, there are actually several benefits.

(S-2) Okay,

(S-1) Both psychological and practical. First, it takes the pressure off when we're hyperfocused on the end goal.

(S-2) Right.

(S-1) Every little back can feel like a major failure. But if we shift our focus to the process,

(S-2) Mhm.

(S-1) to the daily actions we're taking, it allows us to appreciate the small wins along the way and find joy in the journey itself.

(S-2) Yeah.

(S-1) Even when things get tough, it also fosters resilience.

(S-2) Okay.

(S-1) When we understand that setbacks are an inevitable part of the journey, we're less likely to be derailed by them. We learn to adapt, to adjust our course, and to keep moving forward.

(S-2) It's almost like that stream metaphor we talked about. about earlier, right? Embracing the twists and turns, the unexpected detours as part of the natural flow.

(S-1) Exactly. It's about understanding that growth and learning happen along the way.

(S-2) Yeah.

(S-1) Not just at the finish line.

(S-2) Okay. So, that wraps up the advice for Lac. Let's switch gears and talk about his daughter, An. What kind of wisdom is this dad sharing with a 15-year-old?

(S-1) Well, his advice for An is tailored to the emotional landscape of adolescence.

(S-2) Okay.

(S-1) It's less about tangible strategies and more about nurturing a healthy mindset, and building emotional resilience.

(S-2) Makes sense. At that age, it's all about navigating those intense emotions and figuring out who you are.

(S-1) Exactly.

(S-2) What's the first thing he suggests for An.

(S-1) He encourages her to write self-encouraging letters. This might sound a little cheesy, but it's actually a powerful tool for cultivating positive self-talk, and combating those negative thought patterns that can creep in, especially during those teenage years.

(S-2) I can imagine. Imagine how helpful that would be at 15.

(S-1) Oh, absolutely.

(S-2) It's like giving yourself a pep talk.

(S-1) Yeah.

(S-2) But in writing, does that actually work?

(S-1) It really can.

(S-2) Yeah.

(S-1) There's a psychological concept called self-affirmation.

(S-2) Okay.

(S-1) Which has been shown to have a positive impact on self-esteem and even performance.

(S-2) Wow.

(S-1) By writing these letters, An is essentially creating a positive feedback loop in her brain, reinforcing her strengths and reminding herself of her worth. Plus, it creates a sense of agency, empowering her to take control of her own thoughts and feelings.

(S-2) I'm starting to think this dad should write a parenting book.

(S-1) He should.

(S-2) What's next on his list for An?

(S-1) He suggests practicing gratitude. I know this might sound a bit cliché, but taking time each day to appreciate the good things in life, no matter how small,

(S-2) Right.

(S-1) can have a profound impact on our mental and emotional well-being.

(S-2) It's like training your brain to focus on the positive. Right?

(S-1) Exactly. And research has shown that gratitude can actually rewire our brains over time, making us more optimistic and resilient. This is especially important for teenagers who are often bombarded with negative messages.

(S-2) Oh yeah.

(S-1) And social pressures. By encouraging an to focus on what she's grateful for, her dad is helping her build a buffer against those negative influences,

(S-2) Right.

(S-1) And cultivate a more positive outlook.

(S-2) Okay, that one's going on my to-do list, too.

(S-1) Good.

(S-2) What else does he suggest?

(S-1) Another crucial piece of advice he gives is to learn to accept her emotions. This is so critical, especially during adolescence when hormones are raging and emotions can feel incredibly intense...

(S-2) Oh, absolutely.

(S-1) and overwhelming.

(S-2) Right. It's like he's giving her permission to feel her feelings, not suppress them.

(S-1) Right. And that's a message that I think we could all benefit from.

(S-2) Yeah.

(S-1) We live in a culture that often encourages us to push down our emotions, to put on a brave face, and to just duff it out.

(S-2) Right.

(S-1) But that can actually be really harmful in the long run. Unprocessed emotions can manifest in all sorts of unhealthy ways. This father is encouraging An to embrace her full range of emotions.

(S-2) Yeah.

(S-1) To acknowledge them, to understand them, and to learn healthy ways to cope with them.

(S-2) It sounds like he's laying the foundation for strong emotional intelligence, which is such a valuable skill to have no matter what you do in life.

(S-1) Absolutely.

(S-2) What else is on his list for her?

(S-1) He encourages her to focus on her strengths. This might seem obvious,

(S-2) Yeah.

(S-1) but it's easy to get caught up in our weaknesses and insecurities, especially when we're constantly comparing ourselves to others.

(S-2) Right.

(S-1) This father is reminding An to recognize her unique talents and abilities, to celebrate her accomplishments, and to build her self-confidence.

(S-2) It's like that saying, comparison is the thief of joy.

(S-1) Yes.

(S-2) We can get so caught up in what we're not that we forget to appreciate what we are.

(S-1) Exactly.

(S-2) Okay. What's next?

(S-1) This one is particularly important, especially for young women. He encourages An to learn to say no. It sounds simple, but it can be incredibly empowering, especially in a world that often pressures girls and women to be agreeable and accommodating.

(S-2) Oh, I can relate to this one. It took me years to learn to set boundaries and prioritize my own needs.

(S-1) It's a process for sure.

(S-2) Yeah. Why is this so important, especially for teenagers?

(S-1) Well, teenagers are often navigating complex social dynamics and trying to figure out where they fit in.

There's a lot of pressure to please others, to go along with the crowd, and to avoid conflict.

(S-2) Right.

(S-1) But learning to say no is essential for building self-respect, setting healthy boundaries, and staying true to oneself.

(S-2) It's about recognizing your own worth.

(S-1) Yes.

(S-2) And understanding that you have the right to make choices that align with your values.

(S-1) Exactly.

(S-2) Even if it means disappointing someone else.

(S-1) It's about prioritizing your own well-being and not letting fear of judgment or rejection dictate your decisions. And finally, he encourages An to take time for solitude.

(S-2) This is an interesting one. Why would he encourage a teenager to spend time with alone. Isn't that age all about socializing and connecting with friends?

(S-1) You're right. Social connection is incredibly important during adolescence. But so is solitude. Often mistaken for loneliness, solitude is actually a valuable opportunity for self-reflection, introspection, and creative exploration. It allows us to connect with our inner world, to process our thoughts and emotions, and to recharge our batteries.



(S-2) So, it's not about isolating yourself. It's about carving out intentional time to be alone with your thoughts and feelings.

(S-1) Exactly. It's about teaching An to value her own company and to find comfort in being alone with herself.

(S-2) Right.

(S-1) And you know, that's a skill that will serve her well throughout her life.

(S-2) Okay. So, we've covered a lot of ground here. As we del further into this letter, what stands out to you about the different approaches he takes with Lac and An?

(S-1) What's fascinating is how he recognizes and honors their individual needs and challenges. He doesn't offer a one-size fits-all approach to failure. He understands that what works for 20-year-old navigating career choices and academic pressures might not be the same as what works for a 15-year-old grappling with social dynamics and emotional intensity.

(S-2) He's meeting them where they are, acknowledging their unique struggles, and offering tools and insights that are relevant to their specific experiences.

(S-1) Exactly. And I think that's a powerful lesson for all of us, whether we're parents, mentors, or simply trying to navigate our own relationship with failure. There's no single right way to approach it. What matters is finding what works for you. you based on your individual needs and circumstances.

(S-2) I love that. So, as we wrap up our deep dive into this incredible letter, what's the one piece of advice that really resonated with you personally?

(S-1) You know, it's hard to choose just one, but I keep coming back to the idea of creating a lessons from failure list.

(S-2) Yeah.

(S-1) It's such a simple but powerful concept.

(S-2) I agree. It's practical. It's actionable, and it has the potential to completely reframe our relationship with failure. But I'm also drawn to the idea of focusing on the journey, not just the results. It's a reminder that growth and learning happen along the way, even when things don't go as planned.

(S-1) And you know, those two pieces of advice are beautifully intertwined. By documenting the lessons we learned from our failures, we're essentially capturing the essence of the journey. We're acknowledging the growth that happened along the way, even if the outcome wasn't what we hoped for.

(S-2) It's like creating a road map for future success, paved with the wisdom gained from our stumbles and missteps.

(S-1) Exactly. And that brings us back to the father's powerful metaphor of failure as a stream. It's not about staying stagnant. It's about embracing the flow, the changes, the inevitable twists and turns.

(S-2) It's about understanding that setbacks are not the opposite of success. They're a part of it.

(S-1) And that I think is a message we can all carry with us no matter where we are in our own journeys.

(S-2) So before we wrap up our deep dive into this incredible letter, I want to leave you with one final thought. Remember how the father used the metaphor of the stream to describe failure? It's such a vivid image, right?

(S-1) It is.

(S-2) And it got me thinking about what other metaphors we could use. How would our perception of failure change if we saw it as a like a phoenix rising from the ashes?

(S-1) Yeah.

(S-2) A sculptor, you know, chiseling away at a block of marble or even like a like a seed pushing through the soil to reach the sunlight.

(S-1) Humm, those are powerful images.

(S-2) Right.

(S-1) Each one kind of carries a slightly different nuance, a different way of framing the experience of failure.

(S-2) Exactly. The phoenix rising from the ashes speaks to the transformative power of failure, the idea that we can emerge stronger and more resilient on the other side of adversity.

(S-1) And the sculpture chiseling away at a block of marble that highlights the process of refinement, of shaping ourselves through our experiences, even the ones that feel rough or imperfect.

(S-2) And then there's the seed pushing through the soil. It speaks to the potential that lies dormant within us, waiting for the right conditions to blossom. Failure in this metaphor becomes the catalyst for growth, the force that propels us forward.

(S-1) It's amazing how a simple shift in perspective, a change in the way we frame an experience can have such a profound impact on our mindset and our ability to navigate challenges.

(S-2) It really is. And I think that's one of the most powerful takeaways from this letter. You know, this father isn't just giving his kids advice. He's giving them a new way of looking at the world, a framework for embracing failure as an integral part of growth and success.

(S-1) And he's doing it with such compassion and understanding. He's not dismissing their struggles or minimizing their pain. He's acknowledging the very real challenges they're facing, and offering them tools to navigate those challenges with courage, resilience, and self-compassion.

(S-2) And perhaps most importantly, he's reminding them that they don't have to face those challenges alone.

(S-1) Yeah.

(S-2) Seeking support is not a sign of weakness. It's a sign of strength.

(S-1) Absolutely. It's about recognizing that we're all in this together, that we all stumble and fall, and that asking for help is a natural part of the human experience.

(S-2) So, as we wrap up our deep dive into to this truly inspiring letter. I want to leave you with this final thought. The father framed failure as a stream, but you know, as we've discussed, there are so many other metaphors we could use.

(S-1) Each one offering a unique perspective, a different way of understanding and embracing this universal experience.

(S-2) So, I'm curious, what metaphor resonates with you, and how does that change your view of failure? Take some time to reflect on this. Maybe even write down your own lessons from failure list using your chosen metaphor as a guiding principle. You might be surprised at the insights that emerge.

End.

MP3: Transforming Failure into Opportunity

<https://moingaymotchuyen.com/Opportunity>

# The Transformative Power From Jealousy To Understanding

(S-1) Hey everyone, welcome back. So today we're going to be diving deep into something I think is pretty relatable, jealousy.

(S-2) Oh.

(S-1) And we're going to be exploring this topic through kind of a unique lens, a letter from a father to his two children.

(S-2) Interesting.

(S-1) Yeah. So Lac is 20 years old and kind of just starting off at university, and then An is 15, so figuring out high school life.

(S-2) Okay, got it.

(S-1) Yeah. So what's so interesting about this letter is that it's not like a generic advice column,

(S-2) Right.

(S-1) He's not just saying like, "Oh, you know, just be more positive or get over it."

(S-2) Yeah.

(S-1) He actually uses all these really vivid analogies to help his kids kind of grasp these complex emotions.

(S-2) That's cool. I like that. What kind of analogies are we talking about?

(S-1) So, we're talking like dark clouds and rain,

(S-2) Oh.

(S-1) sunlight filtering through leaves, even the way bamboo roots grow.

(S-2) Wow. That's a That's pretty poetic for like advice to your kids.

(S-1) Yeah. And it all connects back to how we deal with jealousy.

(S-2) I'm intrigued. So, what's the dad's like core message here? What's he what's he trying to get Lac?

(S-1) So his main point is that jealousy isn't something to just suppress or deny.

(S-2) Yeah.

(S-1) It's actually like a teacher. A feeling that when you understand it can fuel some serious personal growth.

(S-2) So not just like get over it, but like lean into it.

(S-1) Yeah.

(S-2) Okay. I like that. So how does he connect jealousy with growth though? It feels kind of counterintuitive.

(S-1) It does. But think about it. We often label emotions like anger or sadness,

(S-2) Right.

(S-1) as negative, but they all serve a purpose.

(S-2) They do.

(S-1) You know, anger can push us to fight for what's right. Sadness helps us connect and empathize.

(S-2) Yeah, makes sense.

(S-1) So, he's arguing that jealousy can actually be like a mirror.

(S-2) A mirror. Okay. How so?

(S-1) Because it reflects what we truly desire. Shows us what we value, what we secretly yearn for. So, instead of getting stuck in that why am I not good enough spiral, he's suggesting that jealousy can actually point us towards our own goals and aspirations.

(S-2) So, it's almost like a compass then instead of just something that makes us feel bad.

(S-1) Exactly.

(S-2) Okay, I'm starting to see how this works. Instead of just wallowing, we can use it to figure out what we really want.

(S-1) Yeah.

(S-2) But like how do we actually deal that? Does he give any specific advice?

(S-1) He does. And this is where it gets really interesting. He recognizes that a 20-year-old university student like Lac is going to face different challenges than his 15-year-old like An.

(S-2) Oh, yeah, for sure.



(S-1) So, he tailor his advice and offers specific practices for each child.

(S-2) That's smart. I like that. So, let's start with Lac. What kind of struggles does he address for him? I imagine university life can be pretty intense.

(S-1) Oh, yeah. Especially when you're constantly comparing yourself to everyone else.

(S-2) Totally.

(S-1) So, what does he say about that?

(S-2) Well, he acknowledges that Lac might be feeling pressure with his study's future career choices,

(S-1) Right.

(S-2) Maybe even feeling like he's falling behind compared to other students.

(S-1) Yeah. You see that a lot, I think, with undergrads especially.

(S-2) Yeah. And it's totally normal to feel that way. But the key is what you do with those feelings.

(S-1) Okay. So what does the dad recommend? How can Lac actually use this jealousy as a tool?

(S-2) So he encourages lack to actually see those feelings as information, not as a sign of weakness.

(S-1) And he says jealousy can actually help him clarify his own goals. So if he's feeling envious of someone,

maybe it's because that person is doing something he secretly wants to do.

(S-2) So it's like a wakeup call almost.

(S-1) Yeah. Like pay attention to this. This is something you might actually want.

(S-2) I like that. But does he go beyond on just like recognizing the feeling. Does he give any steps Lac can take?

(S-1) Oh, absolutely. So, one thing he suggests is learning from the people he envys.

(S-2) Right.

(S-1) Instead of just feeling resentful.

(S-2) Okay.

(S-1) What if he reached out to someone he admires and learned how they achieved their success.

(S-2) Oh, that's a good idea. Instead of just being jealous, actually learn from them.

(S-1) Yeah. Maybe it's a friend who got a great internship or a classmate who's killing it in a particular subject.

(S-2) Yeah, makes sense.

(S-1) So, he's actually turning that envy into motivation. Instead of just doing in his own frustration. He's taking proactive steps.

(S-2) I love that. But what about like the comparison game, especially with social media? It's so easy to get sucked into that.

(S-1) It really is. It could be a real downer.

(S-2) Yeah. Does the dad address that?

(S-1) He does. He brings up social media and its impact on Lac of self-esteem.

(S-2) Okay.

(S-1) And he actually suggests taking a break from social media.

(S-2) like a digital detox.

(S-1) Exactly.

(S-2) Yeah.

(S-1) Maybe even just for one day a week.

(S-2) Yeah. Just to kind of clear your head.

(S-1) Right. Stepping away from all those carefully curated highlight reels can probably give you some much needed perspective.

(S-2) Totally. So, it's about focusing on your own journey, not getting distracted by everyone else's.

(S-1) Exactly. The dad even encourages Lac to specifically compare with yourself, not others.

(S-2) Oh, I like that. So, instead of looking outward, he's saying look inward.

(S-1) Yeah. And measure your progress against your own past self.

(S-2) That's a much healthier way to approach it.

(S-1) It really is.

(S-2) So, it's not just about like, you know, being happy with less or whatever. It's about actually like tracking your own progress.

(S-1) Yeah. And the father suggests a simple but effective question for lag to ask himself each day. Have I improved from yesterday?

(S-2) Wow. That's so simple but so powerful. It really shifts the focus.

(S-1) Yeah. From external validation to internal growth.

(S-2) Totally. And I think that's something we could all benefit from.

(S-1) Absolutely. But you know, it's not just about striving and achieving. The father also emphasizes the importance of self-compassion, especially for someone like Lac.

(S-2) Yeah. That makes sense. It's easy to forget that when you're, you know, trying to be successful and everything.

(S-1) Yeah.

(S-2) Yeah.

(S-1) So, how does he suggest Lac cultivate self-compassion?

(S-2) He reminds him that everyone faces challenges, even those who seem to have it all figured out,

(S-1) Right.

(S-2) It's about recognizing that setbacks and failures are a natural part of the journey.

(S-1) So, instead of beating himself up when things don't go perfectly,

(S-2) Right.

(S-1) He should try to approach himself with understanding and kindness.

(S-2) Yeah.

(S-1) It's like giving yourself permission to be human. Exactly. And that can be such a gamechanger when it comes to managing those feelings of inadequacy and jealousy.

(S-2) For sure. It allows us to be more forgiving of ourselves and others.

(S-1) Okay. So, we've talked about Lac and the challenges he might be facing at university.

(S-2) Right.

(S-1) But what about An I imagine being a 15-year-old comes with his own set of triggers for jealousy.

(S-2) Oh, absolutely. The dad acknowledges that an is navigating a whole different world. Yeah. Filled with social pressures and insecurities, especially when it comes to things like appearance popularity fitting in.

(S-1) It's tough being a teenager.

(S-2) Yeah.

(S-1) I remember those days. It felt like everyone else had it figured out while I was just trying to survive.

(S-2) Totally.

(S-1) So, how does the father address these specific challenges for An? Does he offer a similar approach to what he suggests for Lac?

(S-2) There are definitely some common threads, but he also tailors his advice to An's specific needs. Remember those vivid analogies we talked about?

(S-1) Oh, yeah.

(S-2) He uses those to really bring the advice to life for her.

(S-1) Okay, I'm all ears. Give me an example. How does he connect these analogies to practical advice for An.

(S-2) Well, he talks about those intense, almost overwhelming emotions teenagers experience and compares them to dark clouds and rain. He explains that while we can't control when those clouds appear, we can learn how to dance in the rain.

(S-1) Wow, I love that. It's so true. We can't always stop those negative feelings from popping up, but we can choose how we respond to them.

(S-2) Exactly.

(S-1) Because instead of letting the storm wash us away, we can learn to find joy even in the midst of it.

(S-2) Exactly. And that's where those practical practices come in. He gives an seven key practices to help her navigate those stormy teenage years.

(S-1) Seven. Okay, let's break those down. What's the first one? I'm really curious to see how he tailors these specifically for a teenager.

(S-2) The first one is so creative. He suggests she create a love box.

(S-1) A love box. What is that?

(S-2) It's pretty simple but powerful. He suggests An find a small box and decorate it however she likes. Then throughout the day, whenever something good happens, she writes it down and puts it in the box. It could be a compliment, a small victory, a moment of joy, anything that makes her feel good.

(S-1) I love that. It's like a tangible collection of all the good stuff in her life.

(S-2) Right.

(S-1) So when those inevitable down days come, she has this little treasure chest of positivity.

(S-2) Exactly.

(S-1) To remind her of her worth and all the good things that surround her.

(S-2) It's a way to actively combat those negative self-talk spirals that can be so common at that age.

(S-1) I bet a lot of adults could benefit from a love box too, you know,

(S-2) Right. It's such a simple but effective tool. And you know, it ties back to that idea of gratitude, which he also emphasizes for Lac. It's about shifting our focus from what we lack to what we have.

(S-1) Okay, so that's one down, six more to go. What else does he recommend for it?

(S-2) Another practice that stands out is self-encouragement in the mirror.

(S-1) Okay.

(S-2) He suggests she takes a few minutes each morning to look at herself in the mirror and say something positive.

(S-1) Humm talk to yourself. in the mirror.

(S-2) Yeah.

(S-1) that can feel a little awkward, can it?

(S-2) It might feel silly at first, but the dad actually points out that it's a really powerful way to shift your mindset.

(S-1) Yep.

(S-2) He even encourages her to use specific phrases like, "I am strong, I am capable," or, "I am worthy."



(S-1) I guess when you think about it, we're constantly bombarded with messages telling us we're not enough, especially as teenagers.

(S-2) Right.

(S-1) So, consciously choosing to focus on positive self-talk...

(S-2) Yeah.

(S-1) ... could be a powerful antidote to all that negativity.

(S-2) Exactly. It's about taking control of the narrative and replacing those negative thoughts with affirmations that build self-esteem and resilience. And you know what I find interesting is that some of the recommendations for An are similar to those for Lac but the emphasis is different.

(S-1) Like what? Give me an example. I'm curious to see how he adapts the same concept for different age groups.

(S-2) Well, just like he encourages lack to take breaks from social media, he suggests, and spend more time observing nature. Remember that beautiful analogy of sunlight filtering through leaves.

(S-1) Yeah, I love that one.

(S-2) Yeah.

(S-1) It felt so peaceful and insightful.

(S-2) He explains that nature can be a source of peace

and perspective.

(S-1) Okay.

(S-2) A reminder that there's a bigger world out there. He encourages her to notice the intricate details, the way light plays on the leaves, the sound of the wind, the resilience of a tiny flower pushing through concrete.

(S-1) Right.

(S-2) It's about finding moments of stillness and appreciation in the midst of the chaos of teenage life.

(S-1) It's like hitting the pause button on all that inner turmoil. and connecting with something larger than yourself. And I bet that can be really grounding, especially when you're feeling overwhelmed by social pressures and comparisons.

(S-2) Exactly. And it also encourages mindfulness, which is so helpful for managing those intense emotions.

(S-1) Okay, I'm starting to see a pattern here. He's giving An tools to help her cultivate inner peace and self-acceptance, which are essential for dealing with those external triggers for jealousy.

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(S-2) That's such a great point. It shifts the focus from competition to collaboration.

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(S-1) It's like he's giving her permission to be her authentic self flaws and all.

(S-2) And you know, and I think that's something we could all benefit from hearing. It's so easy to get caught up in comparing ourselves to others.

(S-1) Totally.

(S-2) And striving for some ideal that doesn't even exist.

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(S-2) Right.

(S-1) He's really taking the time to understand his children's individual needs and offering them specific actionable steps they can take to transform their relationship with jealousy.

(S-2) Absolutely. And what's really beautiful is that he doesn't frame this transformation as some kind of overnight miracle. He emphasizes that it takes time, effort, and a willingness to be kind to yourself along the way.

(S-1) It's journey, not a destination. Right.

(S-2) Exactly. And you know what? I think that's a really important message, especially in today's fast-paced, achievement-oriented world.

(S-1) Mhm.

(S-2) It's a reminder that personal growth isn't a race. It's about taking small, consistent steps in the right direction.

(S-1) And I love how he uses that analogy of water drops falling on a stone to illustrate this point.

(S-2) Oh, yeah.

(S-1) Such a powerful image. Each drop might seem insignificant on its own, but over time

(S-2) Yeah.

(S-1) Those consistent drops can actually carve out the stone, creating something beautiful and lasting.

(S-2) It's a beautiful metaphor for the power of persistence and the transformative potential of small, consistent actions. It's about showing up for yourself even when it feels hard and trusting that those small efforts will eventually add up to something meaningful.

(S-1) So, we've now gone through all 14 practices, seven for lack and seven for an. It's amazing how much thought he put into tailoring those practices to their individual needs.

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(S-1) But what's the overall message he's trying to convey through all this.

(S-2) Yeah.

(S-1) It seems like it goes beyond just managing jealousy.

(S-2) It does feel like there's something bigger at play here. It's like he's giving them a framework for not just coping with jealousy, but actually using it to become better, more well-rounded people.

(S-1) You hit the nail on the head. He's empowering them to take ownership of their emotions. They see those seemingly negative feelings as opportunities for growth and self-discovery.

(S-2) And it's not about denying those feelings, right? It's about acknowledging them, understanding where they're coming from, and then figuring out how to channel that energy into something positive.

(S-1) Precisely. And you know what I find particularly striking about this whole approach is that it goes beyond just individual growth. He subtly hints at something even bigger.

(S-2) Okay.

(S-1) Something that impacts our relationships with others.

(S-2) I'm curious. What do you mean?

(S-1) Well, imagine if we all took this approach to jealousy. If we all learned to transform that envy and resentment into understanding and empathy.



(S-2) Yeah.

(S-1) How do you think that would change the way we interact with each other?

(S-2) That's a really thoughtprovoking question. I guess when we're less focused on comparing ourselves to others and competing for validation,

(S-1) Right.

(S-2) we're more open to genuinely connecting with people, celebrating their successes, and offering support when they struggle.

(S-1) Exactly. It creates a more compassionate and understanding world, a world where we can all thrive and support each other's growth.

(S-2) I love that.

(S-1) And I think that's a vision worth striving for.

(S-2) Absolutely. It's like that ripple effect we were talking about earlier. When we heal our own relationship with jealousy, we create space for more loving and fulfilling relationships with others.

(S-1) And that's not all. Think about the impact this could have on things like collaboration and innovation.

(S-2) Oh yeah.

(S-1) When we're not constantly trying to outdo each other, we can pull our talents, share ideas freely, and achieve so much more collectively.

(S-2) That's such a great point. It shifts the focus from scarcity to abundance, from competition to collaboration.

(S-1) Exactly. And that kind of mindset can be transformative, not just on a personal level, but on a societal level as well.

(S-2) For sure.

(S-1) So, to wrap things up, what's the key takeaway you want our listener to walk away with from this deep dive?

(S-2) I think the biggest takeaway is that jealousy doesn't have to be a destructive force in our lives. In fact, it can be a powerful catalyst for growth, self-discovery, and deeper connection with ourselves and others. But it's to us to choose how we respond to those feelings.

(S-1) It's about shifting our perspective, seeing those pangs of jealousy not as a sign of weakness, but as an opportunity to learn and grow.

(S-2) And remember, this transformation is a journey, not a destination. It takes practice, patience, and a willingness to be kind to ourselves along the way. But the rewards, both for ourselves and for the world around us, are well worth the effort.

(S-1) I love that. And you know, the father ends his letter with a really thought-provoking question that I want to leave our listener with. He asks, "What does that understanding look and feel like for you? How might it change the way you interact with yourself and others?"

(S-2) That's a beautiful question to reflect on. It encourages us to take all these insights and make them personal, to really consider how we can transform jealousy into a force for good in our own lives.

(S-1) It's like he's handing us the tools and inviting us to create our own masterpieces. So, as we wrap up this deep dive, I encourage you to take some time to really ponder that question. What does understanding jealousy look and feel like for you? you. How might it change the way you approach your goals, your relationships, and your life as a whole?

(S-2) And remember, you're not alone on this journey. We all experience those twinges of envy and comparison. But by choosing to transform those feelings into understanding, we can create a more compassionate, fulfilling, and joyful life for ourselves and for everyone around us.

(S-1) Thanks for joining us on this deep dive. It's been an incredible journey exploring this complex emotion and discovering its hidden potential.

(S-2) It's been a pleasure. And remember, keep those love is handy. There are definitely some common threads, but he also tailor his advice to An's specific needs. Remember those vivid analogies we talked about?

(S-1) Oh, yeah.

(S-2) He uses those to really bring the advice to life for her.

(S-1) Okay, I'm all ears. Give me an example. How does he connect these analogies to practical advice for An?

(S-2) Well, he talks about those intense, almost overwhelming emotions teenagers experience.

(S-1) Right.

(S-2) And compares them to dark clouds and rain. He explains that while we can't control when those clouds appear, we can learn how to dance in the rain.

(S-1) Wow. I love that. It's so true. We can't always stop those negative feelings from popping up, but we can choose how we respond to them.

(S-2) Exactly.

(S-1) It's like instead of letting the storm wash us away, we can learn to find joy even in the midst of it.

(S-2) Exactly. And that's where those practical practices come in. He gives seven key practices to help her navigate those stormy teenage years.

(S-1) Seven. Okay, let's break those down. What's the first one? I'm really curious to see how he tailors these specifically for a teenager.

(S-2) The first one is so creative. He suggests she create a love box.

(S-1) A love box. What is that?

(S-2) It's pretty simple but powerful. He suggests and find a small box and decorate it however she likes.

(S-1) Okay.

(S-2) Then throughout the day whenever something good happens, she writes it down and puts it in the box. It could be a compliment, a small victory, a moment of joy, anything that makes her feel good.

(S-1) I love that. It's like a tangible collection of all the good stuff in her life.

(S-2) Right.

(S-1) So when those inevitable down days come, she has this little treasure chest of positivity.

(S-2) Exactly.

(S-1) To remind her of her worth and all the good things that surround her.

(S-2) It's a way to actively combat those negative self-talk spirals that can be so common at that age.

(S-1) I bet a lot of adults could benefit from a love box, too, you know,

(S-2) Right. It's such a simple but effective tool. And you know, it ties back to that idea of gratitude, which he also emphasizes for Lac.

(S-1) Right.

(S-2) It's about shifting our focus from what we lack to what we have.

(S-1) Okay, so that's one down, six, six more to go. What else does he recommend for An?

(S-2) Another practice that stands out is self-encouragement in the mirror.

(S-1) Okay.

(S-2) He suggests she takes a few minutes each morning to look at herself in the mirror and say something positive.

(S-1) Talking to yourself in the mirror.

(S-2) Yeah.

(S-1) it can feel a little awkward, can it?

(S-2) It might feel silly at first, but the dad actually points out that it's a really powerful way to shift your mindset.

(S-1) Okay.

(S-2) He even encourages her to use specific phrases like, "I am strong. I am capable." Or, "I am worthy."

(S-1) I guess when you think about it, we're constantly bombarded with messages telling us we're not enough, especially as teenagers.

(S-2) Right.

(S-1) So, consciously choosing to focus on positive self-talk.

(S-2) Yeah.

(S-1) Can be a powerful antidote to all that negativity.

(S-2) Exactly. It's about taking control of the narrative and replacing those negative thoughts with affirmations

that build self-esteem and resilience. And you know what I find interesting is that some of the recommendations for An are similar to those for Lac.

(S-1) Oh.

(S-2) but the emphasis is different.

(S-1) Like what? Give me an example. I'm curious to see how he adapts the same concept for different age groups.

(S-2) Well, just like he encourages Lac to take breaks from social media, he suggests and spend more time observing nature.

(S-1) Oh.

(S-2) Remember that beautiful analogy of sunlight filtering through leaves.

(S-1) Yeah, I loved that one. It felt so peaceful and insightful.

(S-2) He explains that nature can be a source of peace and perspective.

(S-1) Okay.

(S-2) A reminder that there's a bigger world out there. He encourages her to notice the intricate details. The way light plays on on the leaves, the sound of the wind, the resilience of a tiny flower pushing through concrete.

(S-1) Right.

(S-2) It's about finding moments of stillness and appreciation in the midst of the chaos of teenage life.

(S-1) It's like hitting the pause button on all that inner turmoil.

(S-2) Yeah.

(S-1) And connecting with something larger than yourself. And I bet that can be really grounding, especially when you're feeling overwhelmed by social pressures and comparisons.

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(S-1) Like I'm curious. What do you mean?

(S-2) Well, imagine if we all took this approach to jealousy. If we all learn to transform that envy and resentment into understanding and empathy, how do you think that would change the way we interact with each other?

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(S-1) I love that. And you know, the father ends his letter with a really thoughtprovoking question that I want to leave our listener with. He asks, “What does that understanding look and feel like for you? How might it change the way you interact with yourself and others?”

(S-2) That's a beautiful question to reflect on. It encourages us to take all these insights and make them personal to really consider how we can transform jealousy into a force for good in our own lives.

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(S-2) And remember, you're not alone on this journey. We all experience those twinges of envy and comparison.



But by choosing to transform those feelings, into understanding, we can create a more compassionate, fulfilling, and joyful life for ourselves and for everyone around us.

(S-1) Thanks for joining us on this deep dive. It's been an incredible journey exploring this complex emotion and discovering its hidden potential.

(S-2) It's been a pleasure. And remember, keep those love boxes handy.

End.

MP3: Transforming Jealousy into Understanding

<https://moingaymotchuyen.com/Jealousy-Understanding>

# The Transformative Power From Fear to Confidence

(S-2) You know, every now and then you come across something like a letter or an article and it's so simple yet it really gets you thinking. This letter from a father to his two kids, Lac and An, it's like that.

(S-1) Yeah.

(S-2) Lac is 20, An is 15. And the letter is about fear and confidence, but it's really, it feels like a guide, a guide to life's challenging.

(S-1) The blueprint almost.

(S-2) Yeah. Blueprint. Exactly. And it's relevant, I think, for anyone, any age.

(S-1) I think so, too.

(S-2) So, we're gonna take a deep dive into this letter today.

(S-1) Sounds good.

(S-2) What really struck me was how directly the father addresses fear.

(S-1) Yeah. He doesn't shy away from it at all, does he? He compares it to like darkness or strong winds, these forces that are part of the world.

(S-2) It's like he's saying fear is natural.

(S-1) Exactly. And by accepting that

(S-2) you can move forward.

(S-1) Right. You can move forward. And that's where I think his analogy of the bamboo is so powerful.

(S-2) Oh, tell me about that.

(S-1) So he talks about how the bamboo it bends in the wind

(S-2) instead of breaking.

(S-1) Yeah. It adapts. You got to find strength in its flexibility. Doesn't resist the storm.

(S-2) I love that. It's like he's saying, you got to be resilient. Got to adapt.

(S-1) Exactly. You have to be able to bend without breaking.

(S-2) I got to say, this is already making me rethink how I deal with fear. I usually just try to ignore it, push through it.

(S-1) Mhm. I think a lot of us do that.

(S-2) But that doesn't always work, does it?

(S-1) No, not really. This letter, it suggests a different approach.

(S-2) What's that?

(S-1) Understanding fear, like we said. accepting it's there and then figuring out how to work with it, not

against it.

(S-2) Interesting. So, it's about like a shift in mindset more than anything.

(S-1) It is. And it's also about recognizing that fear is different at different stages of life.

(S-2) Oh, right. He actually tailors his advice to each kid, doesn't he?

(S-1) He does.

(S-2) The Lac the 20-year-old, he's dealing with all the pressures of becoming an adult,

(S-1) academics, career choices.

(S-2) Exactly. And for him, the father uses this really cool analogy,

(S-1) the blacksmith analogy.

(S-2) Yeah. Tell me about that.

(S-1) He compares Lac's challenges to the fire that shapes iron into a strong blade.

(S-2) So he's saying those challenges, they're actually making Lac stronger,

(S-1) forging his character,

(S-2) building his resilience, right?

(S-1) Yes. Exactly. It's a powerful way to reframe those pressures.

(S-2) It is. Instead of seeing them as threats, it's like they're opportunities.

(S-1) Absolutely.

(S-2) For growth. Okay. So, what about An? She's 15, right?

(S-1) Right. 15. And for her, it's all about navigating adolescence.

(S-2) I can imagine that's a tough time.

(S-1) It is. Social pressures. finding your identity, all those hormonal changes.

(S-2) Wow. Yeah, that's a lot. So, what does he say to her?

(S-1) He uses the analogy of a kite flying in strong winds.

(S-2) Okay, I can see that. Feeling pulled in all these different directions.

(S-1) Exactly. All those external forces trying to shape who she is.

(S-2) And she's still figuring out who she wants to be,

(S-1) Right. But he also says those same winds, they can lift the kite higher, too.

(S-2) So, it's about finding a balance,

(S-1) Right. Learning to harness those forces. And that's where self-acceptance comes in.

(S-2) Oh, interesting. So, how does he talk about that?

(S-1) He reminds it that her worth doesn't depend on what others say or think. There's this beautiful line.

(S-2) I love those lines.

(S-1) You are a precious gem, and only you know how to make that gem shine.

(S-2) Wow. I'm going to remember that one. Okay. So, we've talked about fear, we've talked about confidence, and we've seen these amazing analogies,

(S-1) Right.

(S-2) But the father doesn't just stop there.

(S-1) No, he doesn't. He goes a step further.

(S-2) He gives them some actual practice. Says some things they can do to apply these ideas.

(S-1) Exactly. He gives them tools.

(S-2) Okay. So, let's dive into those like actionable steps, as I call them.

(S-1) I like that. Actionable steps.

(S-2) First, we'll look at the advice for Lac, the 20-year-old. He gives him seven practices, actually.

(S-1) Seven? That's quite a few.

(S-2) They all seem really valuable, though. What would you say stood out to you as the most impactful?

(S-1) Um, I think for me, it's that idea of acting despite the fear.

(S-2) Oh, yeah, that's a good one.

(S-1) It's so easy to get stuck. overthinking, waiting till you feel ready.

(S-2) Right. But he's saying jump in even if you're scared.

(S-1) Exactly. Small steps. Even when you're afraid. Action builds confidence.

(S-2) It's like the more you do something, the less scary it becomes.

(S-1) That's right. Like exposure therapy, right?

(S-2) Oh, yeah. You gradually expose yourself to the thing you're afraid of until it loses its power.

(S-1) Exactly. You build up that courage muscle by doing it again and again.

(S-2) I love that. The courage muscle. And it goes back to that blacksmith analogy, right?

(S-1) It does. Each step is like a strike of the hammer

(S-2) shaping you, strengthening you. Okay. So, acting despite fear. What else really resonated with you?

(S-1) Well, I thought his point about focusing on what you can control, that was really insightful.

(S-2) Yeah.

(S-1) There's always going to be things you can't control, external factors, but

(S-2) he's saying don't dwell on those.

(S-1) Right. Focus on what you can impact, your actions, your mindset.

(S-2) It reminds me of that project management technique, chunking.

(S-1) Oh, right.

(S-2) Break down on those big overwhelming tasks into smaller manageable ones.

(S-1) It's a great way to regain that sense of control.

(S-2) Exactly. You might not be able to control everything, but you can control how you respond.

(S-1) Exactly. And how you approach those challenges?

(S-2) And that makes a huge difference.

(S-1) It does. What do you think, listener? Have you ever tried that? Focusing on what you can control? Does that help?

(S-2) It does. It really does. It's all about taking back that sense of agency, you know, reminding yourself that you have more power than you think.

(S-1) Yeah, I like that. And it ties into another practice the father mentions rewarding yourself for those small successes.



(S-2) Oo, that's a good one.

(S-1) It's so easy to get caught up in like the big goals, you know, the big picture,

(S-2) Right.

(S-1) And you forget to celebrate those little wins along the way.

(S-2) Absolutely.

(S-1) It's like running a marathon and never stopping to appreciate like how far you've already come.

(S-2) Yeah. You need those little milestones to keep you going.

(S-1) You need those little breaks.

(S-2) And those rewards, they don't have to be anything big either,

(S-1) Right. Just little things.

(S-2) It could be like taking a break, having your favorite coffee or doing something you enjoy.

(S-1) Just acknowledge that progress.

(S-2) Yeah, acknowledge it. Reinforce that feeling of accomplishment because that can fuel your motivation.

(S-1) It does.

(S-2) And boost your confidence. So, it's like giving yourself permission to enjoy the journey.

(S-1) Yes. Exactly. Enjoy the journey, not just the destination.

(S-2) And speaking of the journey, the father, he also talks about the importance of connecting with other people.

(S-1) Oh, yeah. Especially when that fear starts to creep in.

(S-2) Yeah. You need that support system.

(S-1) You do.

(S-2) Because so often we try to deal with those fears on our own.

(S-1) We isolate ourselves.

(S-2) But sharing them with someone you trust,

(S-1) it can make a world of difference.

(S-2) It does.

(S-1) It helps you gain perspective, feel less alone.

(S-2) Sometimes just voicing those fears out loud, it's like

(S-1) it takes away their power.

(S-2) Yeah. It's like letting some air out of balloon. And for someone like Lac facing these big life decisions.

(S-1) Oh, absolutely.

(S-2) Having that support network, that can make all the difference.

(S-1) It really can. Family, friends, mentors, anyone who can offer a listening ear,

(S-2) encouragement, different perspective.

(S-1) Exactly. Sometimes just knowing someone else has been through something similar and they made it through.

(S-2) Yeah.

(S-1) That can be so reassuring.

(S-2) It's like, okay, if they can do it, I can do it, too. It reminds you that you're not alone.

(S-1) Exactly.

(S-2) And those challenges, they're not insurmountable.

(S-1) They're not.

(S-2) Oh.

(S-1) Okay. So, we've talked about acting despite fear, focusing on what you can control. rewarding yourself, connecting with people. What other practices from the father's advice for lack stood out to you?

(S-2) Well, I think his advice about learning from failure, that's a big one.

(S-1) Oh, yeah. Especially for like people who struggle with perfectionism.

(S-2) Exactly. It's so easy to see failure as like the end of the world,

(S-1) Right. Like a judgment on your worth.

(S-2) Yeah. But he encourages lack to see it differently as a learning opportunity. Feedback. Valuable feedback. Not a measure of your worth.

(S-1) Yeah. Like that quote, “I haven't failed. I've just found 10,000 ways that won't work.”

(S-2) Exactly.

(S-1) I think that was Thomas Edison, right?

(S-2) I think so. Yeah. And the father, he takes it a step further.

(S-1) What does he say? He tells Lac to ask himself. What did I learn from this? How can I do better next time?

(S-2) Oh, I love that. So, it's about taking that failure and actually using it.

(S-1) Exactly. It becomes a tool.

(S-2) A tool for growth instead of something to fear.

(S-1) Right.

(S-2) Okay. So, learning from failure. And then he also talks about visualization.

(S-1) Yes. Visualizing success.

(S-2) That's a powerful technique.

(S-1) It is.

(S-2) I've heard athletes and performers talk about how they use it

(S-1) to prepare mentally.

(S-2) Yeah. It's like creating a mental blueprint for success.

(S-1) Exactly.

(S-2) So, he encourages Lac to imagine himself successfully navigating those situations that make him anxious.

(S-1) And by doing that repeatedly,

(S-2) Yeah.

(S-1) It's like you're training your brain

(S-2) to believe that success is possible.

(S-1) Exactly.

(S-2) It's like rewiring those neural pathways.

(S-1) Yeah. To create a more positive, more confident mindset.

(S-2) Okay, so we've explored the advice for Lac, the 20-year-old, focusing on those challenges of early adulthood.

(S-1) Right. Building that sense of agency in the world.

(S-2) Now, let's shift gears. Let's talk about An the 15-year-old. What stood out to you as particularly relevant for someone going through those teenage years?

(S-1) You know, I think the practice of gratitude, that's a big one.

(S-2) Gratitude. Yeah.

(S-1) Especially during those turbulent teenage years,

(S-2) it can be tough. So, what does he say about gratitude?

(S-1) He suggests that An take a few minutes each day.

(S-2) Yeah.

(S-1) To write down three things she's grateful for.

(S-2) It sounds so simple.

(S-1) It is simple.

(S-2) But I can see how that shift in focus could be really powerful.

(S-1) It is. Instead of focusing on what's wrong or what you're lacking, you're deliberately focusing on the positive.

(S-2) Training your brain to look for the good.

(S-1) Exactly.

(S-2) And that can have a ripple effect. Right?

(S-1) It can on your overall well-being. And you know, there's actually a lot of research that backs this up.

(S-2) Oh yeah.

(S-1) Studies show that Practicing gratitude can improve mood, reduce stress, even help you sleep better.

(S-2) Wow, that's amazing.

(S-1) It's like an antidote

(S-2) to negativity.

(S-1) To negativity.

(S-2) I love that. So, okay. So, gratitude is important. What else did he recommend for An?

(S-1) Well, he really emphasizes self-acceptance.

(S-2) Yeah, that makes sense.

(S-1) Especially at that age when there's so much pressure

(S-2) to conform,

(S-1) to look and act a certain way.

(S-2) Yeah.

(S-1) And he encourages her to just embrace who she is.

(S-2) Flaws and all.

(S-1) Flaws and all. Remember that line You are a precious gem.

(S-2) Oh yeah. I love that one.

(S-1) He's telling her your worth comes from within, not from external validation.

(S-2) So important, especially for young girls.

(S-1) It is.

(S-2) Because they face so much pressure.

(S-1) They do.

(S-2) Yeah.

(S-1) And to help her cultivate that self-love.

(S-2) Yeah.

(S-1) He suggests something that might sound a little quirky.

(S-2) Okay. I'm intrigued.

(S-1) He tells her to stand in front of the mirror every morning.

(S-2) Okay.

(S-1) Smile and say, "I am unique, and that makes me special."

(S-2) Wow. I love That just that simple act of affirmation like saying it out loud.

(S-1) Repeat it every day.

(S-2) Yeah.

(S-1) It can shift your self-perception.

(S-2) It's like you're talking yourself into believing it.

(S-1) You are. What do you think, listener?

(S-2) Yeah. Could you see yourself doing that?



(S-1) It might feel awkward at first, but I think the results could be worth it.

(S-2) I think so, too.

(S-1) And you know, this idea of taking action to boost your confidence that comes up a lot in his advice to An

(S-2) Oh, yeah.

(S-1) He also encourages her to try new things,

(S-2) step outside her comfort zone.

(S-1) Exactly. Explore different interests.

(S-2) That makes sense. Trying new things. It's a great way to discover hidden talents, right? And to build confidence.

(S-1) It's like expanding your repertoire of skills and experiences.

(S-2) Yeah. It makes you feel more capable

(S-1) and more well-rounded.

(S-2) Yeah.

(S-1) And you know, by pushing those boundaries, you're proving to yourself that you're braver and more resilient than you think.

(S-2) So each new experience,

(S-1) whether it's joining a club, learning a new sport, trying a different food, it adds another layer to your sense of self.

(S-2) I like that. Okay, so we've got gratitude, self-acceptance, trying new things. What other gems of wisdom did he offer An?

(S-1) Well, this one might sound a little unconventional.

(S-2) Okay.

(S-1) He suggests she actually have a dialogue with her fear.

(S-2) A dialogue with fear? I've never heard of that.

(S-1) I know, right?

(S-2) How do you even do that?

(S-1) He says, "Write a letter to your fear."

(S-2) A letter

(S-1) Like you're having a conversation with it, acknowledging it, validating it, but not letting it control you.

(S-2) So, you're giving it a voice. but also setting boundaries.

(S-1) Exactly. And he even gives an example something like fear of speaking in front of the class. I see you, but I won't let you control me.

(S-2) That's fascinating. It's like you're taking away its power by naming it, bringing it out into the open. It's like that saying, the only thing we have to fear is fear itself.

(S-1) Exactly. And you know, this ties in with another practice he recommends for an which is finding joy in the small things.

(S-2) Oh, that's a good one.

(S-1) He really stresses that self-care is important for confidence.

(S-2) It makes sense.

(S-1) Taking time to do things that bring you joy.

(S-2) Reading, listening to music, spending time in nature, things like that. Yeah.

(S-1) It nurtures your well-being, helps you build that sense of self.

(S-2) It's like those small acts of kindness towards yourself.

(S-1) Yes.

(S-2) They add up and they can make you more resilient, more confident. I love that he talks about self-care, especially for someone so young. It's something we could all use a reminder about.

(S-1) We could. And finally, he suggests something really sweet, really empowering.

(S-2) Okay, tell me.

(S-1) He tells her to create a confidence box.

(S-2) A confidence box? Yeah.

(S-1) He says, “Decorate a box. Any box will do. And fill it with things that boost your confidence.”

(S-2) What kind of things?

(S-1) Compliments, awards, letters from friends, anything that reminds you of your worth, your accomplishments.

(S-2) It's like a tangible reminder of your strengths.

(S-1) It is.

(S-2) And the positive impact you've had on others.

(S-1) Yeah. It's like your own personal hall of fame.

(S-2) I love that. A confidence box.

(S-1) I know. It's such a great idea.

(S-2) It's so simple, but so powerful.

(S-1) Okay, so we've covered a lot. The father has given both Lac and An some really valuable tools...

(S-2) Yes.

...for facing their fears and building their confidence. But he doesn't just leave them with the tools. He also talks about the importance of practice.

(S-2) Right. He reminds them that change takes time and it takes effort.

(S-1) It's a process.

(S-2) It is. It's not about finding a quick fix. No, it's about growth.

(S-1) A journey.

(S-2) A journey. Exactly. It's about consistency. Taking those small steps, and being kind to yourself along the way.

(S-1) Self-compassion is key.

(S-2) It is. He's saying it's okay to stumble

(S-1) as long as you keep moving forward.

(S-2) Exactly. And I think that's so important, especially today.

(S-1) Why?

(S-2) Well, we're constantly bombarded with these messages about instant gratification, you know,

(S-1) success.

(S-2) Exactly. But this letter, it's a reminder that real growth, real confidence, it takes time and dedication. It's

(S-1) like planting a seed, you know. You have to nurture it, give it time, be patient.

(S-2) You can't expect it to just sprout overnight. And you know what else I noticed? The father, he doesn't just focus on individual effort. He ends the letter with this really powerful message. He tells them, "No matter what happens, remember that you always have dad, mom, and family as your support."

(S-1) It's like he's saying, "You're not alone. We're in this together." It's a foundation, a sense of security to help

them face those challenges.

(S-2) It really highlights that we don't have to go through those tough times by ourselves. Having a support system, whether it's family or friends or even a community.

(S-1) It makes all the difference.

(S-2) Knowing you have people you can turn to.

(S-1) Mhm.

(S-2) For advice, for encouragement, even just to listen. It gives you that courage, that strength to take risks, to try new things, to face those fears, knowing that you have people there to catch you if you fall.

(S-1) A safety net.

(S-2) Exactly. A safety net. And as we've been talking about this letter, I've been thinking about my own support system, you know?

(S-1) Yeah. It makes you think,

(S-2) Who are those people I can really count on when things get tough? It's a good reminder. to cherish those relationships.

(S-1) It is.

(S-2) And to let those people know how much they mean to you. So, as we wrap up this deep dive, what would you say is the biggest takeaway from this letter?

(S-1) I think it's that fear is normal. It's part of life, but it doesn't have to control us. We have a choice.

(S-2) We can let it paralyze us

(S-1) or we can use it as fuel, transform it into confidence, into resilience.

(S-2) So, it's not about being fearless. It's about learning to work with fear. Acknowledging it's there but not letting it dictate your actions.

(S-1) Exactly.

(S-2) And this letter,

(S-1) Yeah.

(S-2) it gives us a road map. It gives us tools to do just that.

(S-1) Practical strategies

(S-2) from gratitude to visualization to just connecting with people we care about.

(S-1) So many ways to build confidence.

(S-2) It's like a blueprint for a more courageous life, a more fulfilling life. And what I love is it's not just about achieving success in the traditional sense.

(S-1) No, it's not about that.

(S-2) It's about that deeper sense of self-worth. You know, that well-being that comes from within.

(S-1) Regardless of what you achieve externally.

(S-2) Right. It's about embracing your imperfections, celebrating your unique qualities, and finding joy in the

process, in the journey, not just the end goal. So, listener, as we finish up this deep dive, I want to leave you with one question to think about.

(S-1) Okay, what's up?

(S-2) What's one small step you can take today, right now, to face a fear that's been holding you back?

(S-1) Could be anything.

(S-2) Reaching out to a friend, trying a new activity,

(S-1) or even just It's taking a few moments to practice gratitude.

(S-2) Even the smallest steps, they can lead to big changes. So, keep exploring, keep learning, and keep believing in yourself.

(S-1) Until next time.

(S-2) Keep diving deep.

End.

MP3: Transforming Fear into Confidence

<https://moingaymotchuyen.com/Fear-Confidence>



# The Power Of Transforming Anger Into Calmness

(S-1) Welcome back everybody for another deep dive. You know, we all have those days where uh we're feeling a little overwhelmed and maybe could use some help uh finding our center.

(S-2) Definitely. And it seems like a lot of people are searching for ways to deal with anger and stress.

(S-1) Well, today we've got a fascinating piece to deep dive into. It's a letter from a father to his two children about transforming anger into calmness.

(S-2) A letter.

(S-1) Yep. A letter. Now, his kids Lac and An are 20 and 15 respectively.

(S-2) So, he's writing to young adults figuring out their place in the world.

(S-1) Exactly. And what's interesting is that this isn't your typical like, you know, self-help pep talk.

(S-2) Oh.

(S-1) This dad uses some really beautiful imagery and relatable examples to explain how calmness can actually be a source of strength.

(S-2) I'm intrigued already. So, tell me about this letter.

(S-1) Well, one of the first things that jumps out is how the father compares anger to powerful natural forces like um rushing water or storm clouds gathering.

(S-2) So, he's not saying anger is bad or wrong. He's framing it as a natural part of life,

(S-1) Right. It's like he's acknowledging that anger is a human experience, you know, not something to be afraid of or ashamed of, but something to understand and work with.

(S-2) That's a really interesting perspective. Most approaches to anger focus on suppressing it or getting rid of it.

(S-1) And this is where his approach gets even more interesting because then he contrasts calmness with this image of a sturdy bamboo tree in a storm.

(S-2) Hm, I see where he's going with this. The bamboo bends with the wind instead of breaking. Right.

(S-1) Exactly. It's about resilience, being able to adapt. and weather life's challenges without getting shattered. But I got to say, does that mean we should never stand up for ourselves, or fight for what we believe in?

(S-2) I can see why you'd ask that. Always being the bamboo might sound a bit passive.

(S-1) Yeah, part of me is a little skeptical about always just going with the flow, you know.

(S-2) That's a really great question, and it makes me

think there's got to be more to this letter than meets the eye. Maybe the father is suggesting that calmness helps us choose our battles wisely. You know, when to stand firm and when to adapt.

(S-1) Okay, so it's not about being passive. It's about responding thoughtfully rather than just reacting impulsively.

(S-2) Precisely. And that's where this father's wisdom really shines through because he recognizes that his kids Lac and An are facing different challenges at their ages.

(S-1) Oh, of course. Lac at 20 is probably dealing with all those big life decisions about his future and career and all that.

(S-2) Right. And An at 15, well, she's navigating the emotional roller coaster of adolescence.

(S-1) Talk about a whirlwind.

(S-2) So, the father isn't offering a one-size fits-all solution here. He's tailoring his advice to their specific circumstances.

(S-1) That's really cool. It speaks volumes about his understanding of their individual needs. You know, it's not generic self-help. It's personalized jiten.

(S-2) Absolutely. And that personalized approach extends to the specific techniques he recommends for cultivating calmness.

(S-1) Okay, I'm all ears. What kind of tools does he

suggest for Lac and An?

(S-2) Well, for both of them, he starts by emphasizing the importance of observing their emotions without judgment. Like taking a step back from the intensity of the feeling and just noticing it.

(S-1) He uses any imagery for that.

(S-2) He does. He talks about it like watching ripples on a lake gradually settling back to stillness.

(S-1) Wow, that's powerful. Instead of getting swept away by the anger, you're creating space to understand it, to see it as a temporary state rather than your whole identity. But how do you actually practice this emotional observation? It's one thing to say, notice your feelings, but how do you actually do that effectively?

(S-2) That's where he gets into specifics and the advice varies for each child.

(S-1) So, it really is tailored to their needs.

(S-2) It is. For Lac, he suggests focusing on his breathing and practicing positive self-talk, but it's more than just reciting affirmations.

(S-1) Oh, tell me more about that. I've tried affirmations before, and honestly, sometimes they feel a little cheesy. How does this father make it more practical?

(S-2) He emphasizes being aware of those negative thought patterns that fuel anger. So, it's not just about replacing I'm a failure with I'm amazing. It's about

catching yourself when you're spiraling and consciously choosing a more helpful thought.

(S-1) Like interrupting that negative self-talk tape and hitting play on a more supportive narrative. That's great. What about An what kind of techniques does he offer for her?

(S-2) For An, he suggests things like connecting with nature, finding a creative outlet and sharing her feelings with trusted people.

(S-1) That makes a lot of sense, especially for a teenager.

(S-2) Yeah.

(S-1) It's like he's encouraging her to build a support system and find healthy ways to process her emotions.

(S-2) And speaking of processing emotions, the father makes a point of saying that calmness is isn't about pretending everything is perfect.

(S-1) Oh, so it's not about living in a bubble of blissful denial.

(S-2) Not at all. He actually highlights the importance of accepting that challenges are inevitable and that things don't always go as planned.

(S-1) That's refreshing to hear. So, it's about acknowledging the difficult stuff, but choosing to respond in a way that empowers you rather than letting anger control you.

(S-2) Exactly.

(S-1) And I love how he frames challenges as opportunities for growth. Instead of seeing setbacks as failures, he's encouraging his children to learn from them and become stronger. It's not about avoiding those tough emotions. It's about navigating them with grace and resilience.

(S-2) Which brings us to a really important point. This letter isn't just a set of instructions for calming down. It's about developing a mindset, a way of approaching life that fosters both inner peace and strength.

(S-1) That's a pretty powerful idea to unpack. It's like he's giving his children a road map for navigating life's ups and downs with more clarity, intention, and resilience.

(S-2) And the best part is this road map is filled with practical tools and techniques that anyone can use.

(S-1) I'm hooked. I can't wait to dive into the specifics of these techniques and see what gems we can unearth for ourselves.

(S-2) It's really interesting how he gets into the specifics, you know, like for each kid, he really dives in. So for Lac who's, you know, facing those bigger life decisions and figuring out his path, the letter emphasizes what he calls practicing emotional observation.

(S-1) Okay, we touched on that earlier, but I'm still a little fuzzy on how that's more than just like knowing you're mad. Does the had given any examples?

(S-2) He does. He says, "Imagine Lac gets like a bad grade on a test or, you know, a project, which at 20, you know, might feel like a big setback."

(S-1) Oh, yeah, for sure.

(S-2) So, instead of instantly spiraling into like self-criticism, you know, I'm a failure or blaming the professor or whatever, the father advises Lac to just pause and literally say to himself, okay, right now I'm feeling disappointed. Why?

(S-1) So, it's like hitting the pause button on that knee-jerk reaction and then kind of getting curious about the feeling itself. But man, that takes real effort, you know, like it's way easier to just wallow in the disappointment or like lash out at somebody.

(S-2) Right. But that's where the practice comes in. The father even suggests like paying attention to your body, too. You know, is your chest tight or your hands clenched? Connecting the physical to the emotion can make it less overwhelming. You know, it's like you're a scientist observing data instead of just drowning in it.

(S-1) I can see how that could be helpful. You're not trying to fight the feeling or pretend it's not there. You're just acknowledging it and getting a clearer picture of what's happening inside you.

(S-2) Exactly. And for Lac, who's you know probably under a lot of pressure to succeed, that ability to observe without judgment could be a gamechanger.

(S-1) So emotional observation is like a superpower for Lac. What other tools does the dad suggest for him?

(S-2) Well, he also talks about taking care of his physical and mental health.

(S-1) Uh the basics,

(S-2) Right. Things like getting enough sleep, eating nutritious food, exercising regularly.

(S-1) You know, it's funny. We hear this advice all the time, but it's so easy to brush it off, especially when you're young. Like Yeah, yeah, sleep is good, but I've got all-nighters to pull. But you know what? I'm starting to realize that self-care isn't just about pampering yourself. It's about giving yourself a foundation to deal with life's curveballs.

(S-2) Absolutely. The father even writes that when we're exhausted or running on fumes, we're way more likely to react from a place of anger or frustration. It's like trying to think clearly in the middle of a hurricane.

(S-1) Okay, so self-care is key.

(S-2) Yeah.

(S-1) What else does he recommend for Lac?

(S-2) This one might sound simple, but he really encourages Lac. to carve out time for things he genuinely enjoys, whether it's reading or listening to music or spending time in nature or pursuing a hobby, you know, things that bring him joy and replenish his energy.



(S-1) I think we all need that reminder sometimes, you know, especially in today's world. It's so easy to get caught up in the hustle and forget to nurture our own souls. But I got to admit, sometimes me time feels selfish, like I should be doing something productive.

(S-2) He addresses that, too. He says, "Taking time for yourself isn't selfish. It's actually an investment in your well-being. When you feel more balanced and grounded, you're better equipped to handle challenges without getting swept away by anger.

(S-1) That's a great way to reframe it. It's not about indulging yourself. It's about refueling so you can show up as your best self.

(S-2) Exactly. And for Lac, who's, you know, facing those pressures of early adulthood, that ability to recharge and find joy in simple things could be essential for navigating, you know, all those challenges with a sense of calmness and clarity. Now, An's world is probably much more immediate, you know, emotionally charged.

(S-1) It's so true. Teenage years are like one giant emotional roller coaster.

(S-2) And the father acknowledges that right away. He validates her experience, saying that adolescence is a time of intense, you know, ups and downs and that her feelings are totally normal.

(S-1) I can only imagine how reassuring that would be to hear as a teenager.

(S-2) Yeah. It's so easy to feel like you're the only one going through all those crazy emotional shifts.

(S-1) Totally.

(S-2) But he doesn't stop at validation. He encourages An to go a step further and really try to understand what's triggering those emotions. So, not just labeling them as good or bad, but trying to figure out, okay, what happened before I felt this way? What was going through my mind, you know, was it something someone said or even something I did.

(S-1) So, it's like becoming a detective of your own feelings.

(S-2) Exactly. He seems to be guiding her towards self-awareness to recognize those patterns in her reactions and start to understand the root causes of her anger. He even suggests she try journaling, you know, not just to vent, but to actually like spot those patterns over time.

(S-1) Oh, that's great idea. It's like having a written record of your emotional journey so you can start to see the bigger picture. I wish I had kept a journal when I was a teenager. It probably would save me a lot of heartache.

(S-2) He also suggests she find like a creative outlet for those emotions. Things like drawing or playing music or even just doodling can be a powerful way to express those big feelings without words.

(S-1) I love that. It's like giving your emotions a voice even if you don't have the words to articulate them yet.

Sometimes art can be the best therapy.

(S-2) Right. And For An, who might be struggling to communicate her feelings, having that creative outlet could be huge. The father also encourages her to, you know, tap into the power of nature.

(S-1) Ah, good old vitamin N. Nature walks have definitely saved my sanity on more than one occasion. But what is it about nature that's so calming? You know.

(S-2) There's something about being surrounded by trees and fresh air and the sounds of nature that just seems to soothe the soul. You know, it's like hitting the reset button on your nervous system.

(S-1) I think it also helps you feel more connected to is something bigger than yourself, too. It puts things in perspective and reminds you that your problems, while they feel huge in the moment, are just a small part of the grand scheme of things.

(S-2) And that sense of perspective can be especially helpful for a teenager who's going through all those, you know, big life changes and trying to figure out their place in the world.

(S-1) It's like nature is a giant hug reminding you that you're not alone.

(S-2) And speaking of not being alone, he also encourages An to lean on her support system. You know, he reminds her that doesn't have to go through this alone and that sharing her feelings with trusted friends or

family members or even teachers can make a huge difference.

(S-1) I know I've definitely benefited from having people to talk to when I'm feeling overwhelmed. Sometimes just saying things out loud and having someone listen without judgment can make all the difference.

(S-2) Yeah, it's like sharing the weight of your emotions, you know, makes them feel a little less heavy to carry. And for An, who might be hesitant to open up knowing she has people in her corner, could give her the courage to reach out and ask for help.

(S-1) Okay. So, we've got emotional observation, self-care, creative expression, nature, and social support. Is there anything else this amazing dad has in his toolbox for helping An cultivate calmness?

(S-2) Well, he also gives her some really practical advice for those moments when anger starts to bubble up. Things like taking deep breaths, counting to 10, or even stepping away from a situation that's triggering her. You know,

(S-1) Those are classics for a reason. They create a little pause between the feeling and the action, giving you a chance to choose a more thoughtful response rather than just exploding. I've definitely used the count to 10 trick a few times myself.

(S-2) Right. And it's something anyone can do anywhere, anytime. No special equipment required. But what's

interesting is that he ties this practical advice to a bigger idea.

(S-1) Okay, I'm intrigued. What's the bigger picture here?

(S-2) He emphasizes that no emotion lasts forever. You know those feelings of anger, sadness, frustration, they will eventually pass. It's like a wave. You might get tossed around a bit, but if you can stay on your board, you'll eventually reach calmer waters.

(S-1) That's such a powerful metaphor, and it's so true. I know. I've definitely gotten caught up in those emotional waves, feeling like they'll never end, but knowing that they're temporary, can make it a little easier to ride them out.

(S-2) Exactly. And this leads into a really important point he makes about setting goals. He encourages An to focus on the process of achieving something rather than fixating on the outcome. He actually uses an analogy about a garden.

(S-1) Okay, I'm loving these nature metaphors. Tell me about the garden.

(S-2) He says you can plant seeds and nurture them, but you can't force them to grow on a specific timeline. You have to trust the process, put in the work, and be patient.

(S-1) That's such a great analogy, especially for a teenager who, you know, might be feeling all this pressure to achieve certain milestones and meet

everyone's expectations. It's a good reminder that growth takes time and that comparing yourself to others or getting caught up in the end goal can actually sabotage your progress.

(S-2) Absolutely. He seems to be teaching her to find satisfaction. the journey to celebrate the small wins and cultivate a mindset of perseverance and resilience.

(S-1) And I think that applies to way more than just teenagers. We can all get caught up in that destination obsession. You know, always striving for the next big thing, and forgetting to appreciate the present moment.

(S-2) So, it seems this father is equipping both Lac and An with not just tools for calming down in the moment, but with a whole new way of approaching life's challenges.

(S-1) It's like he's giving them a master class in emotional intelligence, resilience, and self-awareness.

(S-2) Yeah.

(S-1) But you know what makes me wonder if this calmness the father is advocating is contagious? Like could helping Lac and An find their center actually ripple outwards to their relationships and you know even their community.

(S-2) Oo, I love that. That's a really insightful thought. You're right. The letter focuses on their personal transformation, but it doesn't exist in a vacuum.

(S-1) Right.

(S-2) Exactly. So like imagine a calmer Lac, you know, interacting with his stressed out classmates. Could his approach to like a group project or even just a study session shift the whole dynamic.

(S-1) It's like that saying, a rising tide lifts all boats. If Lac can approach those situations with more patience and understanding, it could create a more positive and productive environment for everyone.

(S-2) And think about An you know teenagers, they're so hyper aware of social dynamics and easily influenced by their peers. So if An can weather those emotional storms with a bit more grace, maybe her friends will take notice. Not that she'd be preaching calmness or anything, but just her reactions. You know, like not getting as hooked into the drama that could have a subtle ripple effect.

(S-1) It's like calmness is a superpower. Not in a flashy take over the world way.

(S-2) Yeah.

(S-1) But in a quiet, transformative way. It changes how you interact with the world and in turn how the world interacts with you.

(S-2) And it all starts with that inner work, you know, cultivating that sense of calm within ourselves, which brings us to a really important question. What resonates with you from this deep dive? What tool or insight from the father's letter sparked something for you?

(S-1) For me, it's that idea of emotional observation. You

know, I've always considered myself pretty self-aware, but this letter made me realize that I often just react to my emotions without really taking the time to understand them. It's like I'm on autopilot and this father is reminding me to take the wheel and become a more conscious driver of my own emotional experience.

(S-2) That's a great way to put it and it highlights a key point. This isn't about suppressing emotions or pretending everything is okay. It's about developing a deeper understanding of ourselves and finding healthy ways to navigate the inevitable challenges that life throws our way.

(S-1) So, what can our listener take away from all of this? What's one small step they can take today to cultivate more calmness in their own life?

(S-2) I think it starts with paying attention. Notice those moments when anger or frustration start to creep in. Don't judge yourself. Just observe. What are the physical sensations? What thoughts are swirling around in your head?

(S-1) It's like pressing pause on that emotional roller coaster and taking a moment to assess the situation before deciding how to proceed.

(S-2) And remember, you have a choice. You don't have to be prisoner of your emotions. You can choose to respond with calmness, clarity, and intention.

(S-1) And those choices, even the small ones, can create ripples of positive change, not just within ourselves, but



in the world around us. So, thank you for joining us on this deep dive into the power of calmness. We hope you found some valuable insights and inspiration to take with you on your journey. Until next time, stay curious, stay kind, and stay calm.

End.

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# The Power Of Transforming Sadness Into Joy

(S-2) All right. So, today we're diving into something uh pretty unique, I think.

(S-1) Okay.

(S-2) A father's letter to his two children.

(S-1) Interesting.

(S-2) Lac, who's 20, and An, who's 15.

(S-1) Okay.

(S-2) And it's all about turning sadness into joy.

(S-1) Mhm.

(S-2) But he emphasizes that it's not just about, you know, feeling better, right? It's about a deeper kind of personal growth and maturity.

(S-1) Right.

(S-2) So, do you think that's even possible? Can sadness actually be a stepping stone to something more?

(S-1) Well, what I find really interesting is um how he approaches this idea.

(S-2) Yeah.

(S-1) You know, he doesn't shy away from sadness at all. In fact, he compares it to like rain showers.

(S-2) Okay.

(S-1) You know, natural, temporary, and ultimately leading to something beautiful.

(S-2) Okay.

(S-1) Like a rainbow.

(S-2) Yeah.

(S-1) He even uses this really powerful metaphor of bamboo.

(S-2) Interesting.

(S-1) Even when it's battered by storms, you know, it bends but doesn't break,

(S-2) Right.

(S-1) And eventually it stands taller and stronger.

(S-2) Yeah.

(S-1) I think that imagery could be really powerful for anyone facing challenges.

(S-2) Oh, absolutely. It's like that he's saying, "Look, life's tough, but you're tougher,

(S-1) Right.

(S-2) And then he dives into the specific challenges that his kids are facing.

(S-1) Yeah.

(S-2) Like Lac at 20 is dealing with the typical pressures of early adulthood, right? Exams, career uncertainty, that nagging feeling of, you know, am I even good enough?

(S-1) Totally.

(S-2) I think a lot of us can relate to that.

(S-1) Oh, it's a near universal experience. I think

(S-2) Oh, for sure. That pressure to succeed, to measure up.

(S-1) Yeah. And and the father doesn't sugarcoat it at all.

(S-2) Right.

(S-1) He acknowledges these struggles, but he argues that, you know, true maturity comes from confronting them head on.

(S-2) Right.

(S-1) In fact, he sees failure.

(S-2) Yeah.

(S-1) Not as a setback, but as a crucial stepping stone.

(S-2) Interesting.

(S-1) It's those very failures, he says, that teach us perseverance.

(S-2) Yeah.

(S-1) Humility, resilience.

(S-2) Okay.

(S-1) The building blocks of success in the long run.

(S-2) Yeah.

(S-1) And to really drive this point home.

(S-2) Yeah.

(S-1) He shares a personal anecdote about failing an important exam in his own youth. So, what do you make of that choice? Why bring in that personal experience?

(S-2) Well, I think it makes the advice so much more relatable.

(S-1) Yeah.

(S-2) It shows he's not just speaking from some ivory power.

(S-1) Right.

(S-2) He's been there. He's felt that sting of failure and he's come out stronger on the other side. I think it humanizes the message.

(S-1) Totally.

(S-2) And makes it feel less like a lecture and more like a conversation.

(S-1) Absolutely. It's that vulnerability, that willingness to share his own struggles that makes his advice resonate so deeply. Now, shifting gears to An,

(S-2) Okay.

(S-1) who at 15 is navigating the equally turbulent waters of adolescence,

(S-2) Right.

(S-1) she's facing rapid changes, social pressures, and that feeling of not quite measuring up...

(S-2) Yeah.

(S-1) ...which, let's be honest, is pretty much a universal experience for teenagers.

(S-2) Oh, absolutely. Those teenage years can be so intense.

(S-1) They are.

(S-2) And what I find interesting is how the father's message to a hand emphasizes acceptance. He's not telling her to suppress or ignore these difficult emotions.

(S-1) Right.

(S-2) Instead, he encourages her to embrace them as part of the journey, as valuable opportunities for self-discovery.

(S-1) Right.

(S-2) He even uses the striking image within each feeling of weakness. There's a hidden strength waiting to be discovered.

(S-1) That's a beautiful idea.

(S-2) What do you think he means by that?

(S-1) It's like he's suggesting that even in those moments when we feel most vulnerable,

(S-2) Yeah.

(S-1) there is a potential for growth. for resilience, for strength,

(S-2) Right.

(S-1) that we might not even realize we possess. It's about learning to see our emotions, even the difficult ones, not as enemies to be conquered,

(S-2) Okay.

(S-1) but as teachers to be learned from.

(S-2) Interesting. And what's really impressive is that the letter doesn't stop at philosophical musings,

(S-1) Right.

(S-2) It actually offers practical techniques tailored to each child's needs. This is where it gets really valuable for anyone listening, no matter what stage of life they're in.

(S-1) Absolutely.

(S-2) Totally. This is where the rubber meets the road where abstract ideas are translated into concrete actions. And there are some techniques that really stand out like mindfulness for example. The father encourages both Lac and An to take a few moments each day to pause, breathe deeply, and focus on the present moment.

(S-1) Yeah.

(S-2) In our perpetually busy world, that simple act of slowing down and being present can be incredibly powerful.

(S-1) Absolutely. Yeah. It's a practice that's been shown to have a myriad of benefit.

(S-2) Right.

(S-1) From reducing stress and anxiety to improving focus and emotional regulation, it's like hitting the pause button on the constant chatter of the mind, allowing us to reconnect with ourselves and the world around us.

(S-2) And speaking of connecting,

(S-1) Yeah.

(S-2) the father also highlights the importance of journaling, encouraging both Lac and An to write down their thoughts and feelings, especially when they're struggling.

(S-1) Right

(S-2) Now, journaling might seem like a simple act, but there's a lot of research that points to its effectiveness in processing emotions, reducing stress, and gaining self-awareness.

(S-1) It's a powerful tool for self-reflection and emotional regulation. For sure.

(S-2) Absolutely. And it's not just a modern trend either. The father's emphasis on journaling highlights its



timeless value. How it's been a practice for centuries, helping people make sense of their inner world and find clarity amidst chaos.

(S-1) I agree.

(S-2) And what's interesting is that this letter, while addressed to specific individuals, offers wisdom that transcends age and circumstance. It's like a blueprint for navigating the human experience, for transforming those inevitable moments of sadness into opportunities for growth, resilience, and ultimately joy.

(S-1) I couldn't agree more. It's a testament to the universality of the human experience. How despite our individual differences, we all share certain fundamental struggles and aspirations. And this letter speaks to that shared humanity, offering a path forward, a way to turn our challenges into opportunities for growth and transformation.

(S-2) Yeah.

(S-1) And that I think is a truly powerful message,

(S-2) but there's so much more to uncover in this letter. So many other techniques and insights that we'll explore in the next part of our deep dive.

(S-1) Can't wait.

(S-2) Stay tuned because we're just getting started.

(S-1) Definitely. Picking up where we left off. Uh I'm struck by how the father tailor his advice to each child's

unique situation.

(S-2) Yeah.

(S-1) Like for Lac who's wrestling with the pressures of early adulthood.

(S-2) Right.

(S-1) He suggests taking time to reflect. on the lessons learned from failures.

(S-2) Okay.

(S-1) You know, it's not about dwelling on the negative, but rather extracting wisdom from those experiences.

(S-2) It's almost like he's saying, "Okay, you stumbled now. What what can you glean from this so you don't repeat it?"

(S-1) Right.

(S-2) It's fascinating how he reframes failure as a learning opportunity.

(S-1) Yeah.

(S-2) It's not something to be ashamed of,

(S-1) Right.

(S-2) but a chance to course correct and become more resilient. Do you think that's a common thread throughout the letter?

(S-1) Oh, absolutely.

(S-2) This idea of reframing our perspective on difficult experiences.

(S-1) It's a recurring theme for sure.

(S-2) Okay.

(S-1) The father consistently encourages both Lac and An to shift their perspective.

(S-2) Yeah.

(S-1) To view challenges not as roadblocks but as opportunities for growth and learning.

(S-2) Right.

(S-1) And remember he models this herself with that anecdote about the exam.

(S-2) Right.

(S-1) He's not just preaching. He's sharing his own experience showing them that it's okay to stumble as long as you learn from it.

(S-2) And for An who's navigating the often choppy waters of adolescence.

(S-1) Right.

(S-2) He offers some really practical advice for dealing with those intense emotions.

(S-1) Yeah.

(S-2) I'm particularly intrigued by his suggestion to engage in creative activities.

(S-1) Oh, yeah. True.

(S-2) For An that might be drawing,

(S-1) Okay.

(S-2) writing or learning a new song. It's about finding a healthy outlet for those big feelings and channeling them into something positive and productive.

(S-1) It's a brilliant strategy.

(S-2) What do you think?

(S-1) Engaging in creative activities allows us to express ourselves. to process our emotions and to tap into a different part of our brain. It can be incredibly therapeutic. A way to release tension and find a sense of flow.

(S-2) And it ties back to what we were discussing earlier about finding joy in small things.

(S-1) Absolutely.

(S-2) It doesn't have to be some grand achievement or elaborate plan.

(S-1) Right.

(S-2) Sometimes the simplest things like losing yourself in a creative project can be the most rewarding.

(S-1) Totally.

(S-2) But what I find really powerful is how the father emphasizes the importance of connection.

(S-1) Oh, for sure.

(S-2) He reminds both Lac and An that they don't have to go through tough times alone.

(S-1) Right.

(S-2) He stresses the value of reaching out to trusted friends and family...

(S-1) Yeah.

(S-2) ... of sharing their burdens and seeking support.

(S-1) That's such a crucial point,

(S-2) Right.

(S-1) Especially in today's world where loneliness and isolation are increasingly prevalent.

(S-2) Yeah.

(S-1) He's reminding his children that they are part of a community, a network of people who care about them and want to help. Sometimes just knowing you're not alone can make all the difference.

(S-2) It's about sharing the weight of those heavy emotions, knowing that you have people in your corner who understand and want to help you carry the load. And it's not just about seeking support from others.

(S-1) Right.

(S-2) The father also emphasizes the importance of self-care.

(S-1) Yeah.

For An he suggests simple but effective strategies.

(S-1) Okay.

(S-2) Like getting enough sleep,

(S-1) Right.

(S-2) eating healthy foods, and spending time in nature.

(S-1) Yeah.

(S-2) It's a holistic approach to well beinging.

(S-1) Totally.

(S-2) recognizing that our physical and emotional health are deeply interconnected.

(S-1) It's so easy to neglect those basic needs when we're stressed or overwhelmed.

(S-2) Oh, yeah.

(S-1) But he's reminding that taking care of our physical is essential for emotional well-being. It's about creating a foundation of resilience.

(S-2) Right.

(S-1) A solid base from which to navigate life's challenges.

(S-2) It's like he's giving her a cool kit for self-regulation.

(S-1) Exactly.

(S-2) Filled with simple but powerful strategies for managing stress and cultivating a sense of calm and well-being,

(S-1) For sure.

(S-2) and these are tools that anyone can use regardless of age or circumstance.

(S-1) Right.

(S-2) But what really struck me was how the father ends the letter. He writes, "All difficulties and challenges are opportunities that help you learn and grow."

(S-1) Wow.

(S-2) It's such a profound statement.

(S-1) It's a powerful reframing of adversity.

(S-2) Yeah.

(S-1) He's not denying the difficulty of challenges,

(S-2) Right.

(S-1) But he's encouraging his children to see them as opportunities for growth and transformation. It's a mindset shift that can make all the difference in how we approach life's inevitable ups and downs.

(S-2) It's about finding the silver lining even in the darkest of clouds.

(S-1) Exactly.

(S-2) It's about recognizing that even through pain and struggle, we can emerge stronger, wiser, and more resilient.

(S-1) Absolutely.

(S-2) But this letter is so rich with wisdom.

(S-1) It is.

(S-2) It's impossible to cover it all in one go. There's still so much to unpack, so many other nuggets of insight to explore.

(S-1) I agree.

(S-2) And that's exactly what will do in the next part of our deep dive.

(S-1) I'm ready.

(S-2) Stay tuned because we're just getting started.

(S-1) You know, as we delve deeper into this father's wisdom, I'm struck by this recurring theme of self-discipline and setting small achievable goals.

(S-2) He emphasizes this with both Lac and An.

(S-1) Yeah.

(S-2) Highlighting its universality as a tool for personal growth.

(S-1) I see.

(S-2) Regardless of age or circumstance.



(S-1) It's like he's providing a blueprint for success.

(S-2) Okay.

(S-1) One step at a time. Instead of feeling daunted by the enormity of their goals.

(S-2) Yeah.

(S-1) He encourages them to break things down into manageable chunks.

(S-2) Right.

(S-1) This approach can be incredibly empowering, don't you think?

(S-2) Absolutely.

(S-1) Especially when facing those moments of uncertainty and self-doubt.

(S-2) It's about shifting our focus from the overwhelming big picture to those smaller milestones that feel much more attainable.

(S-1) Exactly.

(S-2) And with each small victory, we gain momentum.

(S-1) Yeah.

(S-2) Bolster confidence and ultimately find more joy in the journey itself.

(S-1) And that joy, those small victories, that's where the real magic lies. It's a reminder that joy isn't some distant destination that we reach only after overcoming

countless obstacles.

(S-2) Okay.

(S-1) It's a series of moments we cultivate along the way. A collection of small wins and everyday pleasures that add up to a life well-lived.

(S-2) I like that.

(S-1) And those moments, those sparks of joy can be found in the simplest of things.

(S-2) Like what?

(S-1) Completing a task, learning something new, or simply taking a moment to breathe in and appreciate the present.

(S-2) The father also highlights the importance of surrounding yourself with the right people.

(S-1) Oh yeah, for sure.

(S-2) He advises Lac to actively seek out good friends who will be there for him through thick and thin people he can confide in and share his struggles with.

(S-1) Right.

(S-2) It's a reminder that connection and support are essential.

(S-1) Absolutely.

(S-2) Especially during those times when we feel lost or alone.

(S-1) It's about building a network of trusted individuals who will offer a listening ear, a shoulder to lean on. on.

(S-2) Mhm.

(S-1) And a fresh perspective when we need it most.

(S-2) Okay.

(S-1) These connections are invaluable, reminding us that we are part of something larger than ourselves.

(S-2) Yeah.

(S-1) A community of individuals who understand and support our journey

(S-2) and for and he stresses the importance of self-care in its most fundamental forms.

(S-1) Getting enough sleep, eating healthy foods, and spending time in nature.

(S-2) It's almost like a recipe for well-being.

(S-1) Yeah.

(S-2) A simple yet profound formula for cultivating physical and emotional resilience.

(S-1) It's easy to overlook these basic needs.

(S-2) Oh, totally.

(S-1) Especially in the midst of our busy lives.

(S-2) Yeah.

(S-1) But they form the foundation of our well-being. By

nurturing ourselves physically, we create a more solid base from which to navigate life's emotional ups and downs.

(S-2) This letter though addressed to his children feels like a timeless guide to navigating the human experience.

(S-1) Right.

(S-2) It's filled with practical strategies for turning sadness into joy, for finding meaning in our struggles, and for emerging from difficult experiences stronger and wiser.

(S-1) What a profound gift to give.

(S-2) It truly is.

(S-1) Yeah.

(S-2) It's a testament to the power of a parents love and wisdom. A legacy that will undoubtedly continue to shape their lives for years to come.

(S-1) And what's so remarkable is that this wisdom transcends the specific context of this family.

(S-2) Yeah. It speaks to the universality of the human experience, offering insights and strategies that can benefit anyone.

(S-1) Yeah.

(S-2) Regardless of age or circumstance.

(S-1) As we wrap up our deep dive into this extraordinary letter.

(S-2) Okay.

(S-1) I want to leave you with one final thought from the father.

(S-2) Okay.

(S-1) Joy isn't a destination but a journey.

(S-2) Mhm.

(S-1) Sadness is just a turning point, a part of life,

(S-2) Right.

(S-1) And it's sadness that helps you grow and become stronger.

(S-2) What a powerful reminder that our journey isn't meant to be a straight line to happiness.

(S-1) Indeed, there will be twists and turns, moments of sadness and despair, challenges that test our resilience and push us to our limit.

(S-2) For sure.

(S-1) But within those challenges lies the potential for incredible growth and transformation.

(S-2) Absolutely.

(S-1) The key is to remember that we have the power to choose how we respond to those challenges.

(S-2) Okay.

(S-1) We can let sadness consume us or we can use it as fuel for growth, as a catalyst for becoming the best versions of ourselves.

(S-2) So, embrace the journey with all its imperfections and complexities. Remember, you are not alone. We are all in this together. Navigating the eb and flow of life, discovering the incredible power we have to transform form sadness into joy and ultimately crafting a life that is both meaningful and fulfilling.

End.

Mp3: The Power Of Transforming Sadness Into Joy

<https://moingaymotchuyen.com/Sadness-Joy>

# The Transformative Power Of Turning Regret Into Acceptance

(S-2) Hey everyone. Ready for another deep dive?

(S-1) Always.

(S-2) So today we're looking at this letter from a father to his kids.

(S-1) Okay.

(S-2) About turning regret into acceptance.

(S-1) Interesting.

(S-2) And get this, his kids are 20 and 15.

(S-1) Oh wow.

(S-2) But honestly, the advice in this letter,

(S-1) Yeah.

(S-2) it's like universal. You know, it could apply to anyone at any age.

(S-1) Okay. I'm intrigued.

(S-2) So the dad starts off with this super powerful analogy.

(S-1) Okay.

(S-2) It's about a bamboo tree...

(S-1) Bamboo tree.

(S-2) ...that bends but doesn't break in the wind.

(S-1) Oh, I like that.

(S-2) Right. It's such a vivid image.

(S-1) Yeah, you can really picture it.

(S-2) Exactly. So, how does he connect that to like navigating life's challenges?

(S-1) Well, he's basically saying that life, you know, it's like the wind.

(S-2) Right.

(S-1) It throws all these curve balls at us. We face setbacks.

(S-2) Oh, yeah.

(S-1) We make mistakes.

(S-2) Totally.

(S-1) Experience things we wish we hadn't.

(S-2) Humm tell me about it.

(S-1) But it's how we respond to those challenges that really shapes us.

(S-2) Okay. So, like the bamboo bending and adapt

(S-1) Yes.

(S-2) So, it's about accepting those tough experiences, even embracing them,



(S-1) Right.

(S-2) And that's what lets us grow stronger.

(S-1) It's not about like giving up.

(S-2) No. No. Not at all.

(S-1) Or just resigning yourself to a bad situation.

(S-2) It's more like finding a way to be okay with it.

(S-1) Yes. Like acknowledging what is,

(S-2) learning from it

(S-1) and moving forward

(S-2) without being stuck in the past.

(S-1) Exactly. And what's so interesting is how he emphasizes that regret.

(S-2) Uhhuh.

(S-1) You know, those feelings of I wish things had gone differently.

(S-2) Uh yeah,

(S-1) It's a universal experience.

(S-2) Seriously, we've all been there,

(S-1) Right. It's like that instant feeling of, "Oh, I'm not alone in this."

(S-2) It's so true. Just admitting that it makes you feel like less like you're the only one who messes up or makes

choices you wish you could take back.

(S-1) Exactly.

(S-2) So, he's creating that that shared experience.

(S-1) And then from there,

(S-2) Yeah.

(S-1) he shifts the focus

(S-2) to what?

(S-1) To turning that regret into something positive.

(S-2) Okay. Now, that's what I'm talking about.

(S-1) That's where the magic happens.

(S-2) So, he has these two kids, right?

(S-1) 20 and 15

(S-2) with totally different challenges.

(S-1) Lac the 20-year-old.

(S-2) Yeah.

(S-1) I bet he's dealing with all that pressure of figuring out his future.

(S-2) Oh, absolutely.

(S-1) Career choices, big life decisions,

(S-2) know it. All of that.

(S-1) And the dad acknowledges that.

(S-2) Oh, that's good.

(S-1) Like that feeling of being overwhelmed. That's totally normal,

(S-2) especially at that age.

(S-1) He even talks about those regrets about past decisions.

(S-2) Oh, interesting.

(S-1) Like missed opportunities.

(S-2) Mhm.

(S-1) But he frames them as valuable points of the journey.

(S-2) So, it's not about dwelling on those past mistakes.

(S-1) No.

(S-2) it's more about seeing them as part of the process.

(S-1) Yeah. Like giving yourself permission to be human,

(S-2) to mess up,

(S-1) not have everything figured out perfectly.

(S-2) I love that.

(S-1) And then An 15. Yes.

(S-2) Oh, man. 15. Talk about a roller coaster.

(S-1) Right in the middle of adolescence.

(S-2) All those emotions,

(S-1) the peer pressure, self-doubt, it can be just as overwhelming as those big life decisions An is facing.

(S-2) Absolutely.

(S-1) But in a different way.

(S-2) Totally.

(S-1) And the father encourages her to lean into those emotions,

(S-2) to not run from them.

(S-1) Yes. To understand them

(S-2) because they're normal.

(S-1) It's all part of figuring things out.

(S-2) So he's giving both of his kids permission to be right where they are.

(S-1) Exactly.

(S-2) With all the ups and downs,

(S-1) the uncertainties,

(S-2) the messy emotions.

(S-1) And then he gives them these tools.

(S-2) Tools.

(S-1) Yeah. To transform that regret into something positive.

(S-2) Like what?

(S-1) So it's not just about accepting those feelings. It's about actually doing something with them.

(S-2) I like where this is going.

(S-1) He lays out these concrete steps.

(S-2) Okay, tell me more.

(S-1) They can actually take these and use them to shift their mindset and move forward.

(S-2) And some of these techniques, they're super insightful, like viewing mistakes as learning opportunities.

(S-1) Oh, that's a good one.

(S-2) He tells Lac to look at his failures and ask, "What can I learn from this?"

(S-1) So powerful.

(S-2) Because it shifts the focus

(S-1) from dwelling on the negative

(S-2) to finding the lesson. It reminds me of this time I totally messed up at work.

(S-1) Oh no.

(S-2) I was mortified, full of regret.

(S-1) What happened?

(S-2) But then I remembered that idea

(S-1) of looking for the lesson.

(S-2) Yeah. And it turned out I hadn't communicated clearly enough with my team. So from then on, I overcommunicated. I wanted to make sure everyone was on the same page.

(S-1) That's a great example.

(S-2) It's like instead of beating yourself up over the mistake,

(S-1) Yeah.

(S-2) you extract the wisdom from it

(S-1) so you can do better next time.

(S-2) Exactly.

(S-1) But some people might could say, you know, dwelling on past mistakes

(S-2) Mhm.

(S-1) helps you avoid repeating them.

(S-2) Humm, that's interesting.

(S-1) What do you think about that?

(S-2) I don't know. It's a good point.

(S-1) Well, the father actually addresses that with another technique.

(S-2) Oh, really?

(S-1) It's called accepting the past and living in the present.

(S-2) Oo, okay. Let's break that down because we can't change what's already happened, right?

(S-1) Yep.

(S-2) So, how do you accept it without getting stuck?

(S-1) That's the key, right? He suggests Lac keep a journal.

(S-2) A journal

(S-1) focusing on what went well each day.

(S-2) Oh, interesting.

(S-1) What made him happy?

(S-2) Okay.

(S-1) And what he could improve on.

(S-2) So, it's like training your mind to look for the positive.

(S-1) Yes.

(S-2) To appreciate the present

(S-1) instead of always revisiting the past.

(S-2) It's like mindfulness in action, right?

(S-1) Exactly.

(S-2) Focusing on the now.

(S-1) There's a lot of research that shows that can reduce stress

(S-2) and make you happier.

(S-1) Increase feelings of well-being.

(S-2) I love that. And you know what? This ties in perfectly with another technique he mentions.

(S-1) Oh, which one?

(S-2) Living in harmony with with emotions.

(S-1) Ooh, that's a good one.

(S-2) Tell me more about that.

(S-1) Well, he encourages both Lac and An to really acknowledge their emotions.

(S-2) Okay.

(S-1) To process them

(S-2) instead of trying to push them down.

(S-1) Exactly. It's about understanding that it's okay to feel those difficult emotions.

(S-2) They're part of being human.

(S-1) They're a natural part of life.

(S-2) It's so easy to fall into that trap, though.

(S-1) What trap?

(S-2) Of like bottling things up.

(S-1) Oh, yeah.

(S-2) But it never really works.

(S-1) Yeah. It just makes things worse.



(S-2) That's so dealing with those emotions head on...

(S-1) Yes.

(S-2) ...can be tough, but it's so important.

(S-1) Absolutely. What are some of your go-to strategies for dealing with those tough feelings?

(S-2) Oh, that's a great question. For me, it's a mix of things.

(S-1) Okay.

(S-2) Sometimes journaling helps.

(S-1) I like that.

(S-2) Getting those thoughts and feelings out of my head and onto paper.

(S-1) Yeah.

(S-2) Other times, I need to talk to someone.

(S-1) Yeah. Like a friend.

(S-2) Yeah. A trusted friend or family member.

(S-1) Someone who gets it.

(S-2) Exactly. To get a fresh perspective

(S-1) and some support.

(S-2) Yes. And sometimes sometimes I just need to step away from everything.

(S-1) Ooh, I feel that.

(S-2) Go for a walk in nature.

(S-1) Nice.

(S-2) Or listen to some music.

(S-1) Clear your head.

(S-2) Exactly. Just to reset.

(S-1) It's so important to have those outlets.

(S-2) Totally. But what really strikes me about this letter,

(S-1) What's that?

(S-2) is how much the dad emphasizes self-love and support?

(S-1) Oh, yeah. Especially when he's talking to An,

(S-2) Right. Like when he tells her, "An, you'll never have to face loneliness if you know how to love yourself, whether others understand you or not.

(S-1) That's beautiful.

(S-2) It ties back to that bamboo analogy.

(S-1) How so?

(S-2) Like to bend without breaking, you need that inner strength.

(S-1) Self-compassion.

(S-2) Yes. Belief in yourself

(S-1) to get through tough times without shattering.

(S-2) It's not just about weathering the storm.

(S-1) You have to have that core strength.

(S-2) And he encourages both of them,

(S-1) both Lac and An.

(S-2) Yeah. to share their emotions with loved ones.

(S-1) Reach out for support,

(S-2) which can be so hard, especially for teenagers.

(S-1) Oh, totally.

(S-2) But it's so important for for building connections

(S-1) and getting through tough times.

(S-2) It's a good reminder that we don't have to go through it alone.

(S-1) We need each other.

(S-2) And it's interesting, right?

(S-1) What is.

(S-2) He emphasizes journaling for Lac.

(S-1) Mhm.

(S-2) And encourages An to open up to others.

(S-1) Two different approaches,

(S-2) but they both require self-awareness.

(S-1) You have to know how you're feeling to express it,

(S-2) whether it's on paper or to another person.

(S-1) That's a great observation.

(S-2) What I find so remarkable about this letter,

(S-1) tell me,

(S-2) is how he weaves in so much wisdom, but It's so simple and heartfelt,

(S-1) not preachy at all.

(S-2) Just a dad sharing his insights with his kids,

(S-1) it feels so genuine.

(S-2) And even though the advice is tailored for them

(S-1) at their specific ages,

(S-2) there's so much there that resonates with me.

(S-1) Me too. Even as an adult.

(S-2) That's what makes it so special.

(S-1) It goes beyond age.

(S-2) It speaks to the human experience

(S-1) of dealing with life's ups and downs

(S-2) with resilience and grace.

(S-1) He's giving them a road map,

(S-2) not just for regret,

(S-1) but for approaching all of life's challenges

(S-2) in a way that helps you grow and find inner peace.

So, as we're kind of wrapping up this part of our deep dive,

(S-1) Yeah.

(S-2) what are the key takeaways for you?

(S-1) Well, for me, it's that acceptance is not about giving up

(S-2) or settling.

(S-1) It's about acknowledging what is, learning from it, and then moving forward with purpose.

(S-2) I love that. And it's not passive either,

(S-1) Right. It's about taking action.

(S-2) He gives concrete steps

(S-1) to cultivate that acceptance and resilience.

(S-2) Exactly. Like viewing mistakes as learning opportunities. Focusing on the present moment,

(S-1) so important.

(S-2) practicing self-compassion

(S-1) and remembering that we don't have to do it all alone.

(S-2) There's strength in asking for help.

(S-1) Vulnerability is powerful.

(S-2) We've got a lot to think about.

(S-1) We do. What's your final thoughtprovoking question for our listeners?

(S-2) Ooh, good one. So, if regret is often a signal that we've learned something,

(S-1) Okay.

(S-2) how can you use your past experiences,

(S-1) even the painful ones,

(S-2) to inform your choices and shape a more fulfilling future?

(S-1) Wow, that's powerful.

(S-2) It really makes you think about those regrets differently.

(S-1) Not as roadblocks, but as stepping stones.

(S-2) Exactly. I encourage everyone to sit with that question.

(S-1) Reflect on your own experiences.

(S-2) See what insights emerge.

(S-1) The real deep dive begins now.

(S-2) Taking these ideas and applying them to your own life.

(S-1) You don't have to have all the answers right away.

(S-2) It's a journey.

(S-1) Be patient with yourself.

(S-2) Embrace the challenges.

(S-1) Celebrate the small victories

(S-2) and never underestimate the power power of turning regret into acceptance

(S-1) because when you do, you open up a world of possibilities.

(S-2) Beautifully said. Well, we've reached the end of this part of our deep dive,

(S-1) but the conversation continues.

(S-2) Keep exploring,

(S-1) keep learning,

(S-2) keep growing.

(S-1) We'll see you next time for another deep dive

(S-2) into something amazing.

(S-1) It's like he's subtly guiding them toward, you know, developing that self-awareness,

(S-2) which is so key for all of this,

(S-1) for handling those emotional ups and downs.

(S-2) What I love about this letter is how he puts so much emphasis on self-love and support.

(S-1) Oh, absolutely. Especially when he's talking to An.

(S-2) Right. Like when he says, "An, you'll never have to face loneliness if you know how to love yourself."

(S-1) Wow.

(S-2) Whether others understand you or not.

(S-1) That's so powerful.

(S-2) It all comes back to that bamboo, right?

(S-1) The analogy.

(S-2) Yeah. Like to be strong enough to bend without breaking,

(S-1) you need that deep well of self-compassion.

(S-2) Exactly. It's not enough to just weather the storm,

(S-1) Right. You have to have that inner strength,

(S-2) that belief in yourself

(S-1) so you can make it through those tough times

(S-2) without falling apart,

(S-1) without shatter.

(S-2) And it's not just about self-acceptance either.

(S-1) What else?

(S-2) He also talks about recognizing when you need help.

(S-1) Oh, okay.

(S-2) And being willing to reach out to others.

(S-1) It's like he's saying, "Hey, it's okay to not be okay."

(S-2) Yeah. And he encourages both of his kids



(S-1) Lac and An

(S-2) to share their emotions with their loved ones,

(S-1) whether it's their parents or close friends.

(S-2) That vulnerability can be hard.

(S-1) Oh. Especially for teenagers.

(S-2) It's so important for building those strong connections for having that support system when you need it.

(S-1) It's a reminder that we're not meant to go through life's challenges alone.

(S-2) We need each other.

(S-1) Exactly.

(S-2) It's amazing how the dad manages to be so wise.

(S-1) Yeah.

(S-2) But also so relatable.

(S-1) It's not preachy at all.

(S-2) Just a dad sharing his heart with his kids.

(S-1) And even though it's written for his kids,

(S-2) there's so much there that resonates with me.

(S-1) Me too. Even as an adult.

(S-2) It's like he's tapping into something universal,

(S-1) with human experience

(S-2) of navigating all the ups and downs of life

(S-1) with grace and resilience.

(S-2) not just giving them advice,

(S-1) he's giving them a road map

(S-2) for dealing with regret, but also for approaching life in a way that leads to growth and inner peace.

(S-1) So much wisdom packed into one letter.

(S-2) So, as we wrap up our deep dive, what are your biggest takeaways?

(S-1) Well, the main one for me,

(S-2) Yeah.

(S-1) Is that acceptance doesn't mean giving up

(S-2) or settling for less.

(S-1) It's about acknowledging what is, learning from it, and then moving forward with purpose.

(S-2) Love that. And it's not a passive thing either.

(S-1) Definitely not. It requires action.

(S-2) He gives us specific steps you can take

(S-1) to cultivate that acceptance and resilience

(S-2) like viewing mistakes as learning opportunities.

(S-1) So important.

(S-2) Focusing on the present moment,

(S-1) being mindful,

(S-2) practicing self-compassion,

(S-1) all of those things.

(S-2) And remembering that we have each other.

(S-1) Asking for support when you need it.

(S-2) Vulnerability is a strength.

(S-1) We've covered so much in this deep dive.

(S-2) I know it's a lot to process.

(S-1) So, I'm curious. What's your final thoughtprovoking question for our listeners?

(S-2) Ooh. Ooh, good one. Okay, here it is.

(S-1) Go for it.

(S-2) If regret often shows us that we've learned something

(S-1) interesting,

(S-2) how can we use our past experiences,

(S-1) even the painful ones,

(S-2) to make better choices and create a more fulfilling future?

(S-1) That's powerful. It really makes you think.

(S-2) It's like reframing regret

(S-1) from a roadblock to a stepping stone.

(S-2) I love that. Everyone really sit with that question.

(S-1) Yeah. Take some time to reflect

(S-2) and see what comes up for you.

(S-1) The real work starts now.

(S-2) Taking these ideas and actually applying them to your own life.

(S-1) You don't have to have all the answers right away.

(S-2) It's a process, a journey.

(S-1) Be patient with yourself.

(S-2) Embrace the challenges.

(S-1) Celebrate the small victories

(S-2) and never underestimate the power of turning regret into acceptance

(S-1) because that's where the real growth happens.

(S-2) So beautifully said. We'll wrap up this part of the deep dive for now.

(S-1) But the conversation doesn't end here.

(S-2) Keep exploring these ideas.

(S-1) Reflect on your own experiences

(S-2) and keep growing. We'll see you next time

(S-1) For another deep dive. It's so easy to just get swept up in everything going on and forget to like actually stop and deal with how you feel.

(S-2) Totally.

(S-1) It sounds like you found some good ways to uh to create that space for yourself.

(S-2) It's definitely a work in progress.

(S-1) Always is. Right.

(S-2) But it's so helpful to have those tools.

(S-1) Absolutely. And there's this one thing the father says.

(S-2) Oh yeah.

(S-1) About making decisions from the heart.

(S-2) Okay.

(S-1) He tells Lac, sometimes regret comes from not you know, daring to decide based on what you truly want.

(S-2) Mhm.

(S-1) But instead following what other people expect.

(S-2) That's so real.

(S-1) Yeah. It really hit home for me.

(S-2) Especially for young people.

(S-1) Oh, absolutely.

(S-2) Who might feel that pressure to follow a certain path.

(S-1) Yeah. Like there's only one right way.

(S-2) It takes a lot of courage to go against that

(S-1) to pursue what truly lights you up.

(S-2) And I think it all ties back to that self-love and acceptance.

(S-1) How so?

(S-2) Well, if you don't know what you truly value,

(S-1) Yeah.

(S-2) what brings brings you joy, it's harder to make those choices that are authentic to you.

(S-1) So, all these pieces kind of fit together,

(S-2) Right. Understanding yourself, accepting your emotions, learning from your past...

(S-1) It empowers you.

(S-2) ...to make choices that align with your true self.

(S-1) That's where that sense of peace comes from.

(S-2) Not from trying to avoid regret altogether.

(S-1) It's more about knowing you're living in a way that feels right for you,

(S-2) aligned with your values and your passions.

(S-1) Exactly.

(S-2) So, to kind of bring it back to this letter and all the amazing wisdom he's sharing.

(S-1) What's the one thing you hope people take away from this

(S-2) from this whole deep dive?

(S-1) That regret doesn't have to define you. It can be like a really powerful teacher.

(S-2) I like that.

(S-1) If we're open to learning from it.

(S-2) And that acceptance isn't giving up.

(S-1) No, not at all.

(S-2) It's more about like embracing the present moment

(S-1) with all its imperfections

(S-2) and choosing to move forward

(S-1) with a sense of hope and purpose.

(S-2) I love that. It's a process, not a destination.

(S-1) It takes time and effort

(S-2) and a lot of grace.

(S-1) Definitely.

(S-2) It's a journey worth taking though.

(S-1) Oh, for sure.

(S-2) Because on the other side of all that regret,

(S-1) there's freedom

(S-2) to create a life that truly reflects who you are.

(S-1) A life that's full of meaning and joy.

(S-2) Well, we've reached the end of our deep dive for today. But as always,

(S-1) Yeah.

(S-2) the conversation doesn't have to stop here.

(S-1) It's just the beginning.

(S-2) Keep exploring these ideas,

(S-1) reflecting on your own experiences,

(S-2) and figuring out what resonates with you.

(S-1) You're not alone than this.

(S-2) We all have regrets.

(S-1) We all make mistakes.

(S-2) It's how we choose to respond that matters.

(S-1) It shapes our lives.

(S-2) Be kind to yourself.

(S-1) Embrace the journey

(S-2) and never stop learning.

(S-1) Happy deep diving.

(S-2) Until next time.

End.

Mp3: The Transformative Power Of Turning Regret Into Acceptance

<https://moingaymotchuyen.com/Regret-Acceptance>



# The Transformative Power From Doubt To Faith

(S-1) Hey everyone, welcome back. Today we're going to be uh doing a deep dive into something I think we all struggle with, you know, at some point at least. Um and that's building self-confidence.

(S-2) It's such a universal thing, isn't it?

(S-1) Yeah, for sure. And I think, uh, you know, there's so many different approaches to it.

(S-2) Yeah.

(S-1) But we're coming at it from a kind of unique angle today, right?

(S-2) Right. Absolutely. We're not looking at like your typical self-help book or anything. We're actually diving into a personal letter from a father to his two kids.

(S-1) Okay.

(S-2) Uh Lac who's 20 and just starting to navigate university life.

(S-1) Oh wow. Yeah.

(S-2) And then An, a 15-year-old.

(S-1) So like smack dab in the middle of those teenage years.

(S-2) Exactly. Facing all those, you know,

(S-1) all those teenage trials,

(S-2) those classic teenage trials and anxieties.

(S-1) Yeah. And what I think is so fascinating about this is uh you know, instead of just offering sort of generic advice, the father really tailor his wisdom to each child's specific ific stage of life.

(S-2) It's true. Yeah. He really seems to understand, you know, what each of them might be going through, right? And it's not just like, you know, oh, believe in yourself and everything will be fine.

(S-1) Right. He goes deeper than that.

(S-2) Yeah. There's there's so much more nuance to it.

(S-1) Much more depth.

(S-2) And I love that he even uses these like really cool metaphors.

(S-1) Oh, yeah.

(S-2) To kind of illustrate his points. Like for An he compares faith to a lamp in darkness.

(S-1) That's beautiful.

(S-2) And for Lac, he talks about faith being like a gentle breeze.

(S-1) I love that.

(S-2) So, I'm I'm really curious to see how those metaphors play out, you know, in his practical tips.

(S-1) Me, too. I think those metaphors are really powerful because they speak to how faith.

(S-2) Okay.

(S-1) however you define it, you know,

(S-2) Right.

(S-1) can be can be a real source of strength and guidance, especially especially when things get tough.

(S-2) Exactly.

(S-1) It's not about ignoring the challenges or pretending they're not there. It's about facing them with like this sense of inner support.

(S-2) Okay. So, Let's maybe start with Lac, you know, as a young adult. What kind of what kind of hurdles does the father kind of anticipate uh for him at this stage of life, you know, in his early 20s?

(S-1) Well, you know, he seems to really recognize that Lac's probably grappling with, you know, the typical pressures of university life, uh, academic pressure.

(S-2) Yeah, for sure.

(S-1) Big career decisions.

(S-2) I know. Huge.

(S-1) That feel like they're going to make or break your future.

(S-2) Absolutely. And I I remember feeling that so intensely in my early 20s.

(S-1) Yeah.

(S-2) Like every decision felt monumental.

(S-1) It does. And and on top of all that, of course, there's, you know, that self-doubt.

(S-2) Right.

(S-1) It can just creep in.

(S-2) Yeah. That inner critic.

(S-1) Yeah. Exactly. When you're trying to find your place in the world and figure out who you are.

(S-2) Right. And and what I appreciate is that, you know, the father doesn't just offer platitudes like, "Oh, just believe in yourself and you'll be fine."

(S-1) Yeah. He's he's much more practical than that.

(S-2) Yeah. Like he gives Lac concrete actions to take,

(S-1) Right. Like specific things he can do.

(S-2) You know, like embrace seeing new experiences.

(S-1) Yeah, that's a big one.

(S-2) Seeing failures as learning opportunities

(S-1) which can be so hard but so important.

(S-2) It is. Yeah. And even like practical things like setting daily goals.

(S-1) Oh yeah. That's crucial for staying on track

(S-2) and managing time effectively.

(S-1) Absolutely.

(S-2) So it's it's not just about having like you know a positive mindset. It's about actually equipping yourself with like the tools and strategies

(S-1) to actually navigate those challenges.

(S-2) Yeah. That's that's really insightful.

(S-1) And there's there's actually psychological basis for that.

(S-2) Oh, really? Tell me more.

(S-1) Yeah. Like research shows that stepping outside your comfort zone.

(S-2) Okay.

(S-1) And trying new things,

(S-2) Yeah.

(S-1) can actually rewire your brain.

(S-2) Wow.

(S-1) Like it increases your resilience, your adaptability,

(S-2) Okay

(S-1) which are, you know, crucial skills for navigating adulthood,

(S-2) especially with all the uncertainty.

(S-1) Exactly. Yeah. So much uncertainty these days.

(S-2) Yeah. It makes so much sense. Like the more you challenge yourself,

(S-1) Uh-huh

(S-2) the more confident you become in your ability to to handle whatever comes your way.

(S-1) You got it. It's like you're building up that that muscle, you know.

(S-2) Yeah. Yeah. Totally.

(S-1) And the father also emphasizes, you know, it's not just about doing it all alone. He talks about the importance of seeking support.

(S-2) Oh, okay.

(S-1) From mentors or friends, not not just for advice, but also for different perspectives, you know?

(S-2) Right. So, it's not about just blindly following someone else's path.

(S-1) No. No, not at all.

(S-2) But gathering those insights from various sources to kind of form your own conclusion.

(S-1) Right. It's about being proactive.

(S-2) Okay.

(S-1) In your in your personal growth and seeking out those resources.

(S-2) Yeah. And I think that's that's really important, especially in this day and age when we're bombarded with so much information and it's like how do you filter through it all?

(S-1) It can be overwhelming.

(S-2) Yeah.

(S-1) And it's so easy to just kind of, you know, get stuck in your own head,

(S-2) Right.

(S-1) But but having those other voices, those other perspectives

(S-2) Yeah.

(S-1) can really help you broaden your understanding.

(S-2) And I think that's that's a great segue into talking about An who's, you know,

(S-1) Oh yeah.

(S-2) smack dab in the middle of adolescence.

(S-1) Oh, those teenage years.

(S-2) Even thinking about it, brings back uh some memories, not all of them pleasant.

(S-1) I bet. I can imagine. Haha.

(S-2) Right. And the father, you know, he really seems to get it.

(S-1) He does.

(S-2) Like he acknowledges those classic teenage struggles, the insecurities.

(S-1) Insecurities. Yeah.

(S-2) Of feeling inadequate, the constant pressure to fit in.

(S-1) Oh, yeah. That peer pressure.

(S-2) It's a really tough days.

(S-1) It really is.

(S-2) What what really stood out to me is how he connects An's self-confidence

(S-1) Yeah.

(S-2) to her sense of selfworth. Like he tells her, you know, when you believe that you deserve good things, those insecurities will start to fade.

(S-1) That's such a key point. He's basically saying when you have that strong sense of inherent value,

(S-2) Yeah.

(S-1) external validation becomes less important. It's not about arrogance, but it's about developing that inner security that can help buffer against, you know, all the ups and downs of life.

(S-2) Yeah. And it reminds me of that saying, you know, comparison is the thief of joy.

(S-1) Oh, that's a good one.



(S-2) It's so true because when you're constantly comparing yourself to others,

(S-1) Yeah.

(S-2) it's so hard to feel good about who you are.

(S-1) It really is. It takes you out of the present moment, too.

(S-2) Yeah. Exactly. And the father seems to understand that. Like he encourages An to, you know, cultivate self-belief

(S-1) Okay.

(S-2) through small actions.

(S-1) Oh, interesting. Like what kind of small actions?

(S-2) Like even things like preparing her own breakfast.

(S-1) Oh wow.

(S-2) Or organizing her study schedule.

(S-1) So it's about taking ownership.

(S-2) Yeah.

(S-1) Of her own life.

(S-2) Exactly.

(S-1) Even in those, you know, seemingly mundane everyday tasks.

(S-2) Right. And I think that's so important cuz it's like, you know, when you start to feel like you have control

over those little things, it can kind of snowball into this like bigger sense of confidence.

(S-1) It's like those small wins build momentum.

(S-2) Yeah. Exactly.

(S-1) And they contribute to to a sense of self-efficacy,

(S-2) Right. Like I can do this I'm capable.

(S-1) Exactly. And it's interesting, you know, because just like with Lac, he also encourages An to embrace failures.

(S-2) Okay.

(S-1) As part of the learning process,

(S-2) Right. So, it's it's that consistent message.

(S-1) Yes, it is. It's like he's really stressing that making mistakes is not a sign of weakness, but an opportunity to grow.

(S-2) That's so important.

(S-1) isn't it? Because we live in a culture that often, you know, glorifies success.

(S-2) Yeah. Success at all costs.

(S-1) Exactly. while shaming failure,

(S-2) Right. But the reality is setbacks are inevitable.

(S-1) They are a part of life.

(S-2) Yeah.

(S-1) And how we choose to view those setbacks can either, you know, make or break us.

(S-2) Right. So it sounds like the father is really trying to instill a growth mindset.

(S-1) Yes. Absolutely. He is

(S-2) in both of his children

(S-1) from a young age.

(S-2) Yeah. And that's I think that's such a valuable gift to give them.

(S-1) It is. It's like he's equipping them with the tools

(S-2) Yeah.

(S-1) to navigate life's challenges.

(S-2) It's like he's saying you know, don't be afraid to stumble because that's how you learn to walk.

(S-1) That's a beautiful way to put it. Yeah.

(S-2) And I think that's something we can all benefit from hearing.

(S-1) Absolutely. No matter what age we are.

(S-2) Right. Because we're all constantly learning and growing.

(S-1) That's the beauty of life, isn't it?

(S-2) It is. It's that journey of constant evolution

(S-1) and embracing the imperfections along the way.

(S-2) Yeah. Because those imperfections are what make us, you know, unique and interesting.

(S-1) They make us human.

(S-2) Exactly. And I think, you know, sometimes we forget that.

(S-1) Yeah. We get so caught up in striving for perfection,

(S-2) Right.

(S-1) that we miss out on the beauty of the journey

(S-2) and the learning that comes from those mistakes.

(S-1) Exactly.

(S-2) So, yeah, I think that's a that's a really powerful message to take away from from this letter.

(S-1) It is.

(S-2) And I'm excited to keep diving into this and seeing, you know, what other gems of wisdom we can uncover.

(S-1) Me, too. Let's keep exploring.

(S-2) Yeah.

(S-1) Yeah. And it's interesting like how the father uh weaves those metaphors, you know, the ones we talked about earlier about faith.

(S-2) Uh-huh.

(S-1) into his practical advice.

(S-2) Right.

Like for example, he tells Lac,

(S-2) Okay.

(S-1) You know, when when those doubts hit you, when you're exhausted, remember, you know, faith is like a gentle breeze, encouraging you to keep going.

(S-2) I love that. That imagery is so powerful, right?

(S-1) It is.

(S-2) because it it really speaks to the idea that faith, whatever that means for each of us,

(S-1) Right. Right.

(S-2) It's not always, you know, this big dramatic force. It can be this really subtle consistent presence that that helps us stay the course, even when we don't realize it.

(S-1) Exactly. It's like that that gentle nudge in the right direction. And then and then for An who's, you know, facing like the choppiest waters of adolescence,

(S-2) Right. Yeah.

(S-1) he uses the metaphor of faith as a lamp.

(S-2) Okay.

(S-1) In the darkness of loneliness.

(S-2) Oh wow.

(S-1) Cuz like he's saying,

(S-2) Okay.

(S-1) even when you feel lost and alone, you of this inner light, this inherent worth that can guide you.

(S-2) You know what? That really resonates with me.

(S-1) Does it?

(S-2) Yeah. Because I I remember feeling so lost and insecure during my teenage years.

(S-1) It's such a common experience and I wish I had had someone tell me that back then,

(S-2) Right. Like you you have this inner strength. It's already there.

(S-1) It is.

(S-2) You just got to tap into it.

(S-1) Exactly.

(S-2) And he also emphasizes, you know, with An like that that having faith

(S-1) Yeah.

(S-2) doesn't mean just sitting back, and waiting for good things to happen.

(S-1) You got to take action.

(S-2) Exactly.

(S-1) It's about, you know, building those independent habits, embracing the journey.

(S-2) So, it's not just about believing in yourself. It's also about like proving it to yourself.

(S-1) Yes.

(S-2) Through through your actions.

(S-1) Exactly.

(S-2) Even even small ones.

(S-1) Yeah. Even small ones

(S-2) like organizing your study schedule or or helping out around the house.

(S-1) Right. It's about those small wins.

(S-2) Yeah.

(S-1) You know, that build momentum,

(S-2) Right.

(S-1) And contribute to that sense of self-efficacy.

(S-2) Okay. So, it's like, you know, you do something small, you feel good about it, and then it's like, okay, I can do the next thing.

(S-1) Exactly. And then the next thing and the next thing.

(S-2) Yeah. And it just kind of builds.

(S-1) It builds and builds.

(S-2) And and this brings us to to a really interesting point...

(S-1) Oh.

(S-2) ...the father encourages both Lac and An to seek support from others.

(S-1) Humm, interesting.

(S-2) He highlights the importance of finding, you know, mentors or friends. They and confide in,

(S-1) Right.

(S-2) and learn from.

(S-1) Now, that might seem counterintuitive at first, right?

(S-2) It does. Yeah. You would think, building self-confidence would be all about individual effort.

(S-1) Yeah. Like pulling yourself up by your bootstraps,

(S-2) Right. Exactly. But it sounds like he's saying, you know, connecting with others is actually a key part.

(S-1) It is. It's a key part of the process.

(S-2) Yeah.

(S-1) And it goes back to what we were discussing earlier, you know, about seeking diverse perspectives. It's it's not about becoming dependent on others

(S-2) Right.



(S-1) for valid But it's about recognizing that we can learn and grow

(S-2) Okay.

(S-1) from shared experiences and insights.

(S-2) So it's like you're building this supportive network that can help you navigate challenges, and celebrate successes.

(S-2) Exactly. It's like having a team of cheerleaders, you know, that believe in you. Yeah. Even when you're struggling to believe in yourself.

(S-1) That's a fantastic analogy. It really highlights the importance of community, you know.

(S-2) Yeah.

(S-1) And belonging in personal growth,

(S-2) Right.

(S-1) We're social creatures. After all,

(S-2) We are.

(S-1) and our connections with others can have a profound impact...

(S-2) Okay.

(S-1) ...on our self-perception.

(S-2) It's like that African proverb, if you want to go fast, go alone.

(S-1) Oh, I love that one.

(S-2) If you want to go far, go together.

(S-1) Exactly. And the father, he seems to understand that innately. He's not just giving his children advice. He's he's equipping them with a blueprint.

(S-2) Okay.

(S-1) For navigating life's ups and downs.

(S-2) Yeah. With resilience.

(S-1) Yes. Resilience, purpose,

(S-2) and connection.

(S-1) And action. That's so important.

(S-2) And and what's really powerful is that, you know, even though he's addressing his own children, so much of his wisdom

(S-1) Yeah.

(S-2) transcends age or specific circumstances.

(S-1) It does. It's timeless wisdom.

(S-2) These principles of perseverance, self-belief,

(S-1) Yeah.

(S-2) seeking support when needed, are are applicable to anyone facing challenges.

(S-1) Absolutely.

(S-2) Whether it's in their personal or professional lives.

(S-1) I completely agree.

(S-2) And it all circles back to that central theme of faith,

(S-1) Right. It does.

(S-2) And he never explicitly defines what faith means, does he?

(S-1) That's so true. And I think that's intentional.

(S-2) You do? Okay.

(S-1) Yeah. I think he leaves it open to interpretation.

(S-2) Okay.

(S-1) Allowing each of us to define it.

(S-2) Okay.

(S-1) In a way that resonates personally.

(S-2) It's like he's saying, "Here are the tools. Now find your own path, your own source of inner strength."

(S-1) Exactly. It could be faith in a higher power.

(S-2) Okay.

(S-1) Faith in humanity, or simply faith in your own potential.

(S-2) Right.

(S-1) The key is to have that unwavering belief,

(S-2) Okay.

(S-1) in something greater than yourself,

(S-2) Yeah.

(S-1) whether it's internal or external,

(S-2) Right.

(S-1) that can provide a sense of grounding and direction.

(S-2) And that brings us to a really crucial point, doesn't it?

(S-1) It does.

(S-2) It's that shift

(S-1) from doubt.

(S-2) Yeah. From doubt to faith.

(S-1) Yes. That can be truly transformative.

(S-2) I love that because doubt can be so paralyzing, right?

(S-1) It can. It can keep us stuck in fear and indecision.

(S-2) Yeah. It's like you're frozen.

(S-1) Yeah. You're just you're just stuck.

(S-2) But faith in whatever form it takes for you can can empower you

(S-1) to take risks.

(S-2) Yeah. To take risks, to learn from mistakes. Yes. And ultimately to like step into the fullness of your potential.

(S-1) That's beautifully said. Yeah.

(S-2) And it takes courage, doesn't it? To to move from that place of doubt to one of faith.

(S-1) It is not always easy.

(S-2) No, it's not.

(S-1) But a rewards are immense.

(S-2) It's like that famous quote, leap and the net will appear.

(S-1) I love that quote.

(S-2) Right.

(S-1) You have to have that faith.

(S-2) Oh, dude. Trust in yourself and the journey to make that leap.

(S-1) Absolutely. And it's a continuous process, too. You know,

(S-2) It is. Yeah.

(S-1) It's not a one-time thing.

(S-2) It's like you're constantly refining.

(S-1) Yeah.

(S-2) And strengthening that faith.

(S-1) Absolutely.

(S-2) So, as we delve deeper into this idea of faith,

(S-1) Okay.

(S-2) and its connection to building self-confidence. I'm curious to explore how how this father's advice can be applied to different areas of life.

(S-1) Okay.

(S-2) Because, you know, it's one thing to understand understand these concepts theoretically, but but how do we actually put them into practice?

(S-1) That's a great question.

(S-2) Yeah.

(S-1) And it's something we can definitely unpack further.

(S-2) Okay.

(S-1) Because the truth is building self-confidence, it's not a one-time event. It's an ongoing process.

(S-2) Yeah.

(S-1) That requires constant effort and attention.

(S-2) It's like building a muscle.

(S-1) It is. It is exactly like building a muscle.

(S-2) You have to consistently work at it to see results.

(S-1) It's just like with physical fitness, you know, there are different exercises.

(S-2) Okay.

(S-1) So, to speak that we can do, to strengthen our self-confidence muscle.

(S-2) Yeah. Okay. So, what are some of these exercises that we can incorporate into our daily lives?

(S-1) Well, one one key exercise,

(S-2) Okay.

(S-1) is to challenge

(S-2) Yeah.

(S-1) those negative selft talk patterns.

(S-2) Oh, I know those patterns all too well.

(S-1) Right. We all do.

(S-2) It's like that inner critic that's constantly telling us

(S-1) you're not good enough.

(S-2) Yeah. Not good enough. Not smart enough.

(S-1) You're not worthy enough.

(S-2) Exactly.

(S-1) And that inner critic can be so loud.

(S-2) Can be so persuasive.

(S-1) It can it can really take over.

(S-2) Yeah.

(S-1) But the good news is we can learn to challenge those negative thoughts and replace them.

(S-2) Yeah.

(S-1) With more positive and empowering ones.

(S-2) So it's about becoming aware of our self-talk.

(S-1) Yes. Awareness is key.

(S-2) and actively choosing to focus on our strengths and accomplishments rather than dwelling on our perceived shortcomings.

(S-1) Exactly. It's about shifting that focus.

(S-2) Okay.

(S-1) From what we lack to what we already have.

(S-2) And another powerful exercise I think is setting realistic goals.

(S-1) Yes, that's a big one.

(S-2) And celebrating our successes along the way.

(S-1) Yes. Celebrate those wins.

(S-2) We often get so caught up in striving for perfection that we forget to acknowledge our progress.

(S-1) Yeah. We forget to pause and celebrate how far we've come.

(S-2) And that can lead to burnout.

(S-1) Absolutely.

(S-2) And a feeling of inadequacy.



(S-1) Yeah. Even when we're making significant strides, it's like we're constantly chasing the finish line.

(S-2) Yeah.

(S-1) Without taking the time.

(S-2) Right.

(S-1) To appreciate the scenery along the way.

(S-2) And that's that's so important, you know,

(S-1) It is.

(S-2) because it's it's not just about the destination, it's about enjoying the journey.

(S-1) Exactly.

(S-2) So it's crucial to to break down our larger goals into smaller, more manageable steps.

(S-1) Okay.

(S-2) And then take the time

(S-1) Yeah.

(S-2) to acknowledge and celebrate

(S-1) celebrate those milestones.

(S-2) Each milestone we reach.

(S-1) It helps us build momentum...

(S-2) Okay.

(S-1) ...and maintain a sense of accomplishment...

(S-2) Right.

(S-1) which in turn boosts our self-confidence.

(S-2) It's almost like giving ourselves little rewards along the way.

(S-1) It is. It is exactly like that

(S-2) to stay motivated and on track.

(S-1) Positive reinforcement.

(S-2) And it doesn't have to be anything like grand.

(S-1) No, not at all.

(S-2) Or extravagant. It could be something as simple as taking a break to do something you enjoy.

(S-1) Uhhuh.

(S-2) Treating yourself to your favorite meal or or simply acknowledging your effort and progress.

(S-1) Right. It's about recognizing your own achievements.

(S-2) Yeah.

(S-1) And giving yourself credit.

(S-2) The point is to create that positive reinforcement

(S-1) that encourages you to keep going.

(S-2) That makes a lot of sense. And and it ties back to what the father was saying, you know, about

(S-1) setting daily goals.

(S-2) Setting daily goals,

(S-1) managing time effectively.

(S-2) Yeah. It's about creating a structure.

(S-1) Uhhuh.

(S-2) That supports our success

(S-1) and helps us stay motivated.

(S-2) Yeah. Even when faced with challenges.

(S-1) Exactly. Because those challenges will inevitably come.

(S-2) They will.

(S-1) And speaking of challenges,

(S-2) Okay.

(S-1) another essential exercise for building self-confidence

(S-2) Okay.

(S-1) is to view failure,

(S-2) Oh boy.

(S-1) as an opportunity for growth,

(S-2) Okay.

(S-1) rather than a sign of defeat.

(S-2) That's that's easier said than done, isn't it?

(S-1) It is. It's definitely easier said than done.

(S-2) Because it's so natural to feel discouraged and defeated when we when we make mistakes or experience setbacks.

(S-1) It's it's human nature. Our brains are wired

(S-2) Yeah.

(S-1) to avoid pain and seek pleasure,

(S-2) Right.

(S-1) So, it's understandable that we'd want to shy away from anything.

(S-2) Yeah.

(S-1) that makes us feel bad about ourselves.

(S-2) But it sounds like you're saying that embracing failure is actually key to developing resilience and ultimately building lasting self-confidence.

(S-1) Exactly. Because the reality is failure is an inevitable part of life.

(S-2) We all make mistakes.

(S-1) We all do.

(S-2) We all experience setbacks.

(S-1) It's part of the human experience.

(S-2) Right. And it's how we choose to respond to those challenges that that determines our level of resilience and self-confidence.

(S-1) So it's not about avoiding failure altogether.

(S-2) Okay.

(S-1) It's about learning to navigate it...

(S-2) Yeah.

(S-1) ...in a way that allows us to grow and become stronger.

(S-2) Okay. So, how do we do that?

(S-1) Well, one way,

(S-2) Yeah.

(S-1) is to shift our perspective on failure.

(S-2) Okay.

(S-1) Instead of viewing it as a negative reflection of our worth.

(S-2) Yeah.

(S-1) We can choose to see it,

(S-2) Okay.

(S-1) as valuable feedback.

(S-2) Okay.

(S-1) That can help us learn and improve.

(S-2) It's like that saying, every master was once a disaster.

(S-1) Exactly. Every successful person

(S-2) Yeah.

(S-1) has faced their fair share of failures along the way,

(S-2) Right.

(S-1) The difference is they didn't allow those failures to define them.

(S-2) Okay.

(S-1) Or deter them from pursuing their goals.

(S-2) So they use those experiences as opportunities to learn.

(S-1) Yes.

(S-2) Adapt,

(S-1) and become even more determined.

(S-2) So it's about embracing that growth mindset,

(S-1) that belief that we can always learn and improve.

(S-2) Yeah.

(S-1) Regardless of our past experiences.

(S-2) And it's important to remember that failure doesn't mean we're not good enough.

(S-1) It doesn't.

(S-2) Or that we're not capable of achieving our goals.

(S-1) Right. It just means we need to adjust our approach.

(S-2) Learn from our mistakes.

(S-1) Learn from our mistakes

(S-2) and keep moving forward.

(S-1) Exactly. And sometimes that means seeking support from others.

(S-2) Okay.

(S-1) We don't have to go it alone.

(S-2) We can reach out to mentors.

(S-1) Yes. Mentors, friends, family members.

(S-2) Yeah. Who can offer encouragement,

(S-1) encouragement, guidance, a fresh perspective.

(S-2) And it's not just about seeking advice. It's about having a support. community that believes in us.

(S-1) Yes.

(S-2) And can help us see our strength.

(S-1) Yeah. Even when we're struggling to see them ourselves.

(S-2) Exactly. And that brings us back to the father's emphasis

(S-1) on the importance of faith.

(S-2) Because ultimately, isn't faith about believing in something.

(S-1) It is.

(S-2) Whether it's ourselves, a higher power,

(S-1) the inherent goodness of humanity,

(S-2) even when things are tough.

(S-1) It is. It's about holding on to that belief.

(S-2) Yeah.

(S-1) Even when it's hard.

(S-2) Yeah.

(S-1) And that belief can be such a powerful anchor...

(S-2) Okay.

(S-1) ...in times of uncertainty and self-doubt,

(S-2) Right.

(S-1) it can help us weather the storms.

(S-2) Yeah.

(S-1) And emerge stronger on the other side.

(S-2) So, as we wrap up this part of our deep dive,

(S-1) Okay.

(S-2) I want to leave our listeners with this thought.

(S-1) Okay.

(S-2) What does faith mean to you? What is that source of inner strength that guides you through life's ups and downs?

(S-1) That's a powerful question.



(S-2) And how can you cultivate that faith, nurture that inner light to build unshakable self-confidence, and live a life that is true to yourself.

(S-1) Those are beautiful questions to ponder.

(S-2) They are. Yeah.

(S-1) Because ultimately it's that inner faith, that unwavering belief in

(S-2) something greater than ourselves.

(S-1) Yes. That can empower us to live a life of purpose, resilience, and joy.

(S-2) You know, it's funny how this whole conversation about self-confidence uh keeps coming back to faith.

(S-1) Yeah, it really does, doesn't it? It's like it's at the core of it all.

(S-2) Yeah. And and not necessarily you know faith in like a religious sense but more like a broader sense of belief in something bigger than ourselves.

(S-1) It's like a sense of trust that things will work out.

(S-2) Yeah. Even when we don't don't know how or when.

(S-1) Exactly. Like having that inner compass...

(S-2) Yeah.

(S-1) ...that guides us even when we can't see the path clearly ahead.

(S-2) And and that brings us back to the father's letter, right? He never actually defines faith.

(S-1) He doesn't.

(S-2) But he uses these really beautiful metaphors to illustrate its power.

(S-1) Yeah. Like that gentle breeze guiding Lac through those moments of doubt.

(S-2) Yeah. Or the lamp uh illuminating hands path

(S-1) through loneliness.

(S-2) It's like he's saying faith is that steady presence that supports us,

(S-1) even when we feel lost or alone.

(S-2) And I think what's so brilliant about his approach

(S-1) Yeah.

(S-2) is that he doesn't try to impose a specific definition of faith

(S-1) on his children.

(S-2) On his children. Yeah. He leaves it open

(S-1) to interpretation.

(S-2) Yeah. Which which allows them to discover

(S-1) their own

(S-2) Yeah, their own unique source of meaning

(S-1) and meaning...

(S-2) and I think that's such a powerful message for all of us, right? Because ultimately faith is such a personal experience.

(S-1) It really is.

(S-2) It's about finding what resonates with us

(S-1) gives us hope

(S-2) and the beautiful thing is that faith however we define it

(S-1) could be a constant source of strength and renewal

(S-2) Yeah, it can help us you know navigate challenges

(S-1) embrace uncertainty

(S-2) live a more fulfilling life.

(S-1) Absolutely.

(S-2) So, as we wrap up this deep dive into the father's wisdom, I want to leave our listeners with a final thought.

(S-1) Okay, I love it.

(S-2) What does faith mean to you? What is that source of inner strength?

(S-1) Yeah.

(S-2) That guides you through life's ups and downs.

(S-1) It's a great question.

(S-2) And how can you cultivate that faith?

(S-1) Yeah.

(S-2) How can you nurture that inner light

(S-1) to build that unshakable self-confidence?

(S-2) Yeah. And live a life that's true to yourself.

(S-1) I think those are really powerful questions for all of us to reflect on

(S-2) because you know when we tap into that inner source of faith, when we connect to something bigger than ourselves

(S-1) it unlocks so much

(S-2) It does.

(S-1) resilience, creativity, joy

(S-2) It transforms our lives...

(S-1) It really does

(S-2) ...in such profound ways

(S-1) so thank you for joining us on this journey.

(S-2) It's been a pleasure exploring this with you,

(S-1) and remember no matter what challenges you face

(S-2) you have the power within you

(S-1) to overcome them

(S-2) Create a life

(S-1) that is both meaningful

(S-2) and fulfilling.

End.

MP3: The Transformative Power From Doubt To Faith

<https://moingaymotchuyen.com/Doubt-Faith>

# The Transformative Power Of Turning Regret Into Serenity

(S-1) All right. So, today we are diving into something that you specifically requested and I am really excited about this one.

Oh, yeah.

(S-1) Turning regret into serenity. And to help us kind of unpack all this, we've got this really unique source. It's a letter from a father to his two kids.

Okay.

(S-1) Um, Lac who is 20 and An who's 15.

Interesting.

(S-1) Now, I know what you might be thinking. A family letter doesn't sound like the most, you know, exciting source material,

Right.

(S-1) but trust me on this one.

Okay.

(S-1) This dad, he's not just giving like generic advice or anything.

Right.

(S-1) He's got some really unique perspectives on how to approach life's challenges.

Okay.

(S-1) He even compares life to like flowing water.

Huh. I like that.

(S-1) And there's this whole bit about using gratitude to reduce stress.

Oh, wow. Okay. I'm intrigued.

(S-1) So, to help us unpack all of this and figure out how it applies to you, I've got an expert with me today.

Well, it's fascinating how the father in this letter approaches the idea of serenity.

(S-1) Yeah.

He doesn't say Hey, you should just ignore negative emotions like regret or fear. It's more about acknowledging those feelings and then figuring out how to learn and grow from them.

(S-1) Okay. So, instead of pushing those feelings down, we're sort of leaning into them.

Exactly. He uses this analogy of water flowing around obstacles.

(S-1) Okay.

Life throws stuff at us, right? Maybe it's a tough exam or a job we didn't get or a relationship that ended.

(S-1) Right.

(S-2) But instead of getting stuck in those moments, the father suggests that we find a way to keep moving forward

(S-1) like water finds its path.

Exactly.

(S-1) I like that. So, are we talking about just like accepting these things happen and moving on?

It's a little bit more nuanced than that.

(S-1) Okay.

Acceptance is part of it, but it's not about resignation. It's more like a starting point. You acknowledge the situation, you feel those emotions, and then you shift your perspective.

(S-1) So, instead of dwelling on what went wrong, you start asking, "What can I learn from this experience?"

(S-1) How do we take something that feels like a setback and turn it into something positive.

That's a great question and it's something the father addresses directly with his son Lac who's going through a lot of typical 20-year-old anxieties about the future.

(S-1) Yeah, I remember those days trying to figure out your career, your life. It's a lot of pressure.

Yeah,



(S-1) I bet a lot of our listeners can relate to that even if they're not students anymore.

Absolutely. And the father reassures Lac that those feelings of uncertainty and even fear, they're completely normal.

(S-1) Okay.

He emphasizes that failure isn't the end. It's just part of the process.

(S-1) So, it's not about avoiding failure, it's about how we deal with it when it happens.

Exactly. And this is where his advice gets really practical.

(S-1) Okay.

He gives Lac a bunch of specific techniques to help him navigate those difficult emotions.

(S-1) Okay. Let's dive into those. What's the first one that really stands out?

He talks about the importance of being present.

(S-1) Okay.

It's easy to get caught up in replaying past mistakes or worrying about the future, but the father points out that the only place we truly have control is in the present moment.

(S-1) So, it's about focusing on what we can actually do right now.

(S-2) Yes. Instead of getting lost in those whatifs and should haves,

(S-1) Right. And this idea of being present is something that can benefit everyone.

Absolutely.

(S-1) Not just a 20-year-old facing big life decisions,

Right. We all struggle with this to some degree.

(S-1) Oh, absolutely.

Yeah.

(S-1) I know I get stuck in my head sometimes overthinking things that are out of my control.

And that's where practices like mindfulness or meditation can be incredibly helpful,

(S-1) Right. But how do we make that a part of everyday life, not just something we do on a medication cushion.

The father suggests finding small ways to bring yourself back to the present throughout the day.

(S-1) Okay.

It could be as simple as taking a few conscious breaths, noticing the sensations in your body, or really savoring a meal without distractions.

(S-1) So, it's about those little moments of awareness.

Exactly. Those pauses that help us ground ourselves. And by practicing those moments, we start to cultivate a

greater sense of presence, which can really reduce stress and anxiety.

(S-1) Okay, so being present is key. What other practical techniques does he recommend?

He also emphasizes the importance of finding balance between work and rest.

(S-1) Yeah, that's a constant struggle for a lot of us. But why is that so important when we're talking about something like serenity?

Well, he explains that pushing ourselves to the limit without taking time to recharge actually leads to burnout and resentment,

(S-1) Right.

Which are definitely not conducive to serenity.

(S-1) That makes sense.

It's like running a car without ever stopping for gas.

(S-1) Eventually, you're going to run out of fuel.

Exactly. He encourages Lack to incorporate activities he enjoys into his schedule, things that bring him joy and relaxation.

(S-1) I love that. It's not just about rest. It's about doing things that nourish our souls.

Yes.

(S-1) So, it could be anything from spending time in nature to listening to music to connecting with loved ones, whatever fills your cup.

Exactly.

(S-1) Right.

And that brings us to another technique he emphasizes, gratitude.

(S-1) Gratitude. That seems to be a recurring theme in a lot of self-help advice.

Yeah.

(S-1) But what makes it so powerful and how does it tie into this idea of turning regret into serenity?

Well, think about it this way. When we're feeling regretful, our focus tends to be on what we did wrong.

(S-1) Yeah.

(S-2) What we lack or what we wish we had done differently, gratitude shifts our focus to what we already have, to the good things in our lives, which can really help to balance out those negative emotions.

(S-1) So, it's like we're intentionally choosing to focus on the positive even when Things are tough.

Exactly.

(S-1) But how do we actually cultivate that gratitude? Is it just about making a list of things we're thankful for?

It can be that simple. Yeah.

(S-1) Okay.

But there are other ways to incorporate gratitude into your life. The fodder suggests things like expressing gratitude to others.

(S-1) Okay.

Maybe writing thank you notes or simply telling someone how much you appreciate them.

(S-1) I like that. It's about making gratitude an active practice.

Exactly.

(S-1) Not just a passive feeling.

And what's fascinating is that research has actually shown strong link between practicing gratitude and experiencing greater levels of happiness and well-being.

(S-1) So, it's not just some feel-good fluff. There's actual science behind it.

Absolutely. Studies have shown that people who regularly practice gratitude. They tend to be more resilient in the face of stress have stronger immune systems.

(S-1) Really.

and experience less anxiety and depression.

(S-1) That's pretty impressive. So, these are some pretty powerful techniques. Being present, finding balance, pract practicing gratitude.

Yeah.

(S-1) But are they just for lack or does the father offer similar advice to his daughter?

He does, but he tailor it to her specific experience as a 15-year-old.

(S-1) Okay.

(S-2) And while her challenges might be different from Lac, there's actually a lot of overlap in the advice he gives them both.

(S-1) Okay. I'm curious to hear what he says to An, especially since a lot of the listeners might not be teenagers themselves, but could still benefit from her dad's wisdom.

Definitely. And we'll dive into An's section in the next part of our deep dive. So, we left off talking about the father's advice for An and what it might mean for us even if we're not 15 anymore.

(S-1) Right. Exactly. Cuz like even though she's dealing with, you know, teenage stuff, I feel like a lot of those underlying issues

Yeah.

(S-1) are things that we all kind of struggle with.

Absolutely. And one of the first things he addresses is this idea of self-kindness.

(S-1) Okay.

Especially when we're feeling like insecure or not good enough.

(S-1) Yeah. I mean, that's huge at that age.

It is.

(S-1) When you're just trying to figure out who you are and where you fit in. But I think that's something a lot of us can relate to.

For sure.

(S-1) No matter how old we are.

Absolutely. We all have those moments of self-doubt. You know, those inner critics that tell us we're not good enough.

(S-1) Oh, yeah.

The father reminds them that it's okay to have those feelings, but we shouldn't let them define us.

(S-1) So, it's not about ignoring those negative thoughts. It's about how we respond to them.

Exactly. He encourages an to practice self-compassion. To treat herself with the same kindness and understanding that she would offer to a friend.

(S-1) I love that. It's like giving yourself a break, acknowledging that you're doing the best you can even when you make mistakes.

And speaking of mistakes, he also talks about the importance of learning from them. Just like he told Lac, he reminds it that failure isn't the end of the world, right? It's an opportunity for growth.

(S-1) So, it's about shifting that perspective from I messed up to what can I learn from this?

Precisely. And this applies to everyone regardless of age, whether it's a failed exam or a project that didn't go as planned or a relationship that ended. The key is to extract the lessons and use them to move forward.

(S-1) It's like turning those regrets into stepping stones.

Exactly. And one of the ways he suggests doing that is through the power of sharing.

(S-1) Okay.

He reminds of him that she doesn't have to carry her burdens alone, and encourages her to talk to her parents, her siblings, her friends when she's struggling.

(S-1) That's something I think a lot of us forget to do no matter how old we are.

Yeah.

(S-1) We tend to bottle things up and try to handle everything ourselves.



But the father's reminding us that connection is crucial. Sharing our worries and vulnerabilities with trusted others, not only helps us feel supported, but it can also offer new perspectives, okay, and solutions that we might not have seen on our own.

(S-1) It's like that saying, two heads are better than one.

Mhm.

(S-1) Sometimes just having someone listen without judgment can make a huge difference.

Absolutely. And it ties back to that water analogy we talked about earlier.

(S-1) Okay. Yeah.

When water encounters an obstacle, it doesn't just stop flowing. It finds a way around it. Sometimes by merging with other streams and rivers.

(S-1) So, we can think of those people we trust

Yes.

(S-1) as those other streams.

Exactly.

(S-1) Helping us navigate the challenges and finding our way forward.

(S-1) I like that.

And just like water adapts to its surroundings, the father encourages An to embrace change.

(S-1) Okay.

He reminds her that change is a natural part of life, especially during adolescence, and that resisting it only creates unnecessary stress.

(S-1) I think that's such an important message for everyone, not just teenagers.

Absolutely.

(S-1) We live in a world that's constantly evolving and if we can learn to go with the flow, to see change as an opportunity for growth, it can really free us up.

He also talks about the importance of creating positive habits.

(S-1) Okay.

He suggests things like waking up early, exercising regularly.

(S-1) Okay.

Setting aside dedicated time for studying.

(S-1) It sounds like he's encouraging her to build a solid foundation for her well-being, both physically and mentally.

Exactly. He emphasizes that these habits are not just about achieving success in the traditional sense, but about creating a sense of stability and self-discipline that can help her navigate the ups and downs of life.

(S-1) So, it's not about being perfect. It's about building

those routines that support us and help us feel more grounded.

And one of the habits he specifically mentions is practicing gratitude.

(S-1) Gratitude again.

Yes. He reminds that that even when things are tough, there's always something to be thankful for.

(S-1) We talked about gratitude in relation to Lac's challenges as well.

We did.

(S-1) Seem to be a recurring theme in his advice and for good reason. Gratitude is a powerful antidote to negativity and regret. It shifts our focus from what we lack to what we have which can have a profound impact on our overall well-being.

(S-1) So, he's essentially telling both of his kids that regardless of their age or the specific challenges they're facing, cultivating a sense of gratitude can help them navigate those difficulties with more grace and resilience.

Exactly. And he reinforces this idea by reminding us that everything takes time.

(S-1) Okay.

He encourages her to be patient with herself, to trust in the process, and to celebrate the small wins along the way.

(S-1) That's such a valuable reminder, especially in today's world where instant gratification is the norm.

Yes.

(S-1) we often expect to see results overnight. And when we don't, we get discouraged and give up.

(S-2) But the father is reminding us that true growth takes time, effort, and a willingness to embrace the journey. even when it's challenging.

(S-1) He also encourages it to prioritize her mental health, suggesting things like meditation and engaging in activities that bring her joy and relaxation.

(S-2) I think that's such an important message, especially for young people who are often facing immense pressure and stress.

(S-1) Absolutely. It's a reminder that taking care of our mental health is just as important as taking care of our physical health.

It's about finding those practices that help us de-stress, recharge, and cultivate inner peace.

(S-1) Whether it's meditation, spending time in nature, listening to music, or connecting with loved ones. The key is to find what works for you and make it a priority.

(S-2) And finally, reminds that it's okay to seek support when she needs it.

(S-1) Okay.

He encourages her to reach out to teachers, friends, or family members when she's struggling.

(S-1) It's a reminder that we don't have to have all the answers, and that asking for help is a sign of strength, not weakness.

Exactly. And it goes back to the idea of connection and community.

(S-1) Right.

We're not meant to go through life alone. And there are people who care about us and want to help.

(S-1) So, even though this letter was written to a 20-year-old and a 15-year-old,

Yeah.

(S-1) the advice transcends age and circumstance, there's something in there for all of us.

The father's message is universal. Serenity is not something we find. It's something we cultivate through our choices, our habits, our mindset.

(S-1) And it's a journey, not a destination.

Exactly. It's about embracing the ups and downs, learning from our mistakes, and finding ways to navigate the challenges of life with grace and resilience.

(S-1) It's pretty amazing how this dad's advice applies to both his kids even though they're at such different points in their lives.

(S-2) Yeah. It really shows how there are these universal truths about navigating life's challenges, you know.

(S-1) Totally. And we've explored some of those like embracing change, practicing gratitude, and seeking connection,

Right.

(S-1) But I'm wondering if there are any specific things the father emphasizes like are there certain milestones we should be looking for on this path to serenity?

He definitely talks about the importance of setting goals. and working towards them, but not in a way that creates pressure or makes you feel anxious. It's more about having a sense of direction and purpose and taking small steps each day to move closer to where you want to be.

(S-1) So, it's not about like having this rigid plan. It's more about having a north star guiding you.

Exactly. And he also encourages both Lac and An to be patient, you know.

(S-1) Okay.

To remember that growth takes time.

(S-1) Yeah. That could be tough.

It can. And it's so easy to get caught up in comparing ourselves to others. or to these unrealistic ideals.

(S-1) Absolutely. And that just leads to more regret and selfcriticism.

Right. And that takes us further away from serenity.

(S-1) So, how do we break free from those comparisons and those expectations?

Well, the father reminds us that it's okay to make mistakes. You know, we're human and we're going to mess up sometimes.

(S-1) It's all part of the process.

Exactly. The key is to learn from those mistakes and to keep moving forward,

(S-1) and to remember that we don't have to do it alone.

Right. He encourages both Lac and An to reach out for support when need it.

(S-1) It's such a powerful reminder.

It is because sometimes we just need someone to listen or to offer a different perspective

(S-1) to remind us that we're not broken or alone in our struggles.

Exactly. And asking for help is a sign of strength, not weakness.

(S-1) Okay. So, as we wrap up this deep dive, what are some key takeaways that you think our listeners should keep in mind?

I think the most important message is that serenity is not something we find outside of ourselves.

(S-1) Okay.

It's something we cultivate within through our choices, our habits, our mindset,

(S-1) and it's a journey, not a destination.

Exactly. It's about embracing the ups and downs of life, you know, learning from our mistakes and finding ways to navigate the challenges with grace and resilience,

(S-1) and remembering that we have support along the way.

Absolutely. We're not meant to go through this alone.

(S-1) So, one last time, what's one small step our listener can take today to move towards greater serenity?

It could be something simple like practicing gratitude, taking a few minutes to meditate, or just reaching out to a friend. or loved one

(S-1) because even the smallest actions can have a big impact on our well-being.

Exactly. And I think that's what makes this father's advice so powerful. It's not about grand gestures or overnight transformations. It's about those daily practices, those small acts of kindness, and self-care that ultimately create a life filled with peace, purpose, and fulfillment.

(S-1) And on that note, we want to thank you for joining us on this deep dive.

We hope you found it insightful and inspiring.



(S-1) And remember, Serenity is a journey, not a destination. Keep flowing, keep growing, and keep seeking that inner peace that's always available to you.

End.

MP3: The Transformative Power Of Turning Regret Into Serenity

<https://moingaymotchuyen.com/Regret-Serenity>

# The Power Of Transforming Stress Into Relaxation

(S-1) Welcome back everyone. We're diving deep today into something I know a lot of you are interested in. Uh transforming stress into relaxation. You've mentioned wanting some like practical tips for staying calm when things get well kind of crazy.

(S-2) Yeah, stress management is definitely a hot topic.

(S-1) And the source material we're using today is get this, a letter from a father to his kids. A 20-year-old son Lac and a 15 year-old daughter An.

(S-2) A father's advice. Huh? That's a pretty cool angle,

(S-1) Right. And it really highlights the fact that stress, well, it affects all of us, no matter who you are or what you're going through.

(S-2) Totally. We all experience stress. It's part of being human.

(S-1) And what I like about this dad's approach is that he doesn't, you know, demonize stress. He actually points out that it can be a good thing, like a signal that something needs to change or that we have an opportunity to grow.

(S-2) He's got a point. Stress can definitely highlight those areas where we could maybe improve or adjust.

(S-1) It's all about how we respond to that. Right.

(S-2) Exactly. Our response is what makes all the difference.

(S-1) And get this, he compares life to a rushing stream. People are like boats trying to navigate those currents.

(S-2) I like that.

(S-1) And just like a skilled boatman can, you know, steer through those rough waters, we can learn to transform our stress and navigate the challenges that life throws our way.

(S-2) Beautiful analogy. So, how does he suggest we do that? What kind of advice does he give?

(S-1) Okay, so he starts off by giving Lac, his son, a few techniques. One that really stood out to me was uh deep breathing. It seems so simple, but I'm curious. Is there more to it than just, you know, taking a few deep breaths?

(S-2) Oh, there's definitely a science to it. Deep breathing, it stimulates the vagus nerve. It runs all the way from our brain down to our abdomen.

(S-1) I know the whole body.

(S-2) And when we stimulate that nerve, it triggers our parasympathetic nervous system, the system that's responsible for calming us down, like a reset button for our stress response.

(S-1) So, it's not just about feeling calmer, it's actually impacting our biology. He also suggest journaling. I've tried that before, but sometimes it feels like I'm just swirling around in my own thoughts. How can journaling

actually help us transform stress?

(S-2) It's about getting those thoughts and feelings out of your head and onto paper. Seeing them written down can sometimes make them seem less scary, less overwhelming, and you might even discover solutions you hadn't thought of before.

(S-1) Like you're decluttering your mind.

(S-2) Exactly. Creating space for clarity and new perspectives.

(S-1) So, deep breathing for calming the nervous system. journaling for clarity. What else does he recommend for Lac?

(S-2) He's a big advocate for starting the day with meditation, specifically morning meditation.

(S-1) You know, I'm not really a morning person, but I've noticed that if I can just get even 5 minutes of quiet time before I check my phone, it makes a big difference.

(S-2) It really does. Carving out that peaceful time before the day's chaos takes over, it can be so beneficial.

(S-1) Does he mention any specific types of meditation?

(S-2) Not specifically, but it's interesting to think about the different types and how they might help someone like Lac who's, you know, navigating early adulthood,

(S-1) Right.

(S-2) Mindfulness meditation could help him stay present while loving kindness meditation might help

cultivate compassion. Those are valuable qualities at any age really.

(S-1) It's like creating a mental fitness routine.

(S-2) I love that. Different types of meditation for different muscle groups in our minds.

(S-1) Exactly. And speaking of fitness, he also encourages lack to exercise regularly.

(S-2) Yeah.

(S-1) And this isn't just about physical health, right?

(S-2) It's about harnessing those endorphins to combat stress and boost mood. Exercise is a powerful tool for mental well-being.

(S-1) Okay, so we've got deep breathing, journaling, meditation, exercise. Anything else?

(S-2) Oh, yes. He also talks about the importance of reducing comparison.

(S-1) Oh, comparison, the thief of joy,

(S-2) isn't it though? Especially in today's world of social media, it's so easy to get caught up in comparing ourselves to others, but it can be so detrimental to our self-esteem.

(S-1) Like that saying, don't compare your behind the scenes to someone else's highlight. real.

(S-2) Exactly. He encourages like to focus on his own growth, his own progress, celebrate those personal wins,

no matter how small they might seem.

(S-1) So, it's about cultivating that self-acceptance, right? Appreciating where you are on your own journey.

(S-2) That's the key.

(S-1) It already feels lighter just thinking about it.

(S-2) It is. It's all about perspective. And to round things out, he suggests spending time in nature.

(S-1) It's funny because we all know nature is good for us, but how often do we actually prioritize it?

(S-2) Not enough, probably. He really highlights the importance of slowing down, engaging our senses, and letting ourselves be soothed by nature's beauty and peace.

(S-1) It's like a reset button for our entire system.

(S-2) Exactly. He encourages Lac to find those moments of peace and perspective in nature, whether it's a walk in the park, a hike in the woods, or even just sitting under a tree for a few minutes.

(S-1) Okay, so we've covered a lot of ground here. Deep breathing, journaling, meditation, exercise, reducing comparison, and connecting with nature. It's like a holistic toolkit for navigating the challenges of life.

(S-2) It really is. And it's fascinating how he tailors his advice for An his teenage daughter. Teenagers face a whole different set of pressures and stressors.

(S-1) Oh, absolutely. Puberty, social pressures, academic

demands. It's a lot.

(S-2) And he acknowledges that. He dives into techniques that are specifically designed to address those unique challenges of adolescence.

(S-1) So, let's explore that. What stands out to you about his approach to on stress?

(S-2) Well, One thing that I found really interesting was his encouragement to accept anxiety.

(S-1) That seems kind of counterintuitive. Shouldn't we be trying to get rid of anxiety?

(S-2) You would think, right? But he understands that anxiety is a normal human emotion, especially for teenagers going through so many changes.

(S-1) So, it's not about pretending it doesn't exist. It's about learning to acknowledge it and work with it.

(S-2) Exactly. By accepting anxiety as part of the human experience, we can actually take away its power.

(S-1) It's like saying, "Okay, anxiety, I see you. You're here. But you don't control me.

(S-2) Exactly. And that can be incredibly empowering, especially for teenagers who might be feeling overwhelmed by these new intense emotions.

(S-1) Okay, I'm starting to see how that could be helpful. What else does he recommend for An?

(S-2) He encourages her to find joy in the simple things,

(S-1) like stop and smell the roses.

(S-2) Precisely. He reminds her that happiness isn't always about grand gestures or big achievements. It's about appreciating those small moments. A good cup of coffee, a sunny day, a funny conversation with a friend. Those little things can have a big impact on our mood.

(S-1) It's about shifting our focus, right?

(S-2) Yeah. From what's stressing us out to what's bringing us joy, even if it's something small.

(S-1) I love that. And he also talks about self-listening.

(S-2) Yes. That inner dialogue is so crucial. He wants her to pay attention to her emotional state. Understand the reasons behind those feelings. It's all about building self-awareness, which is so important for managing stress.

(S-1) It's like becoming your own best friend, your own inner therapist.

(S-2) Exactly. cultivating that inner compass that can guide you through life's ups and downs.

(S-1) I'm really impressed with how much emphasis he puts on emotional intelligence, especially for a teenager.

(S-2) It's not just about telling her what to do. It's about giving her the tools to understand and manage her own emotions,

(S-1) empowering her



(S-2) exactly to navigate those emotional waters with skill and confidence.

(S-1) This is already so much more than just like a list of tips. It's a whole philosophy, a way of approaching life with intention. What other gems does he share with An?

(S-2) Well, he recognizes that teenagers often feel isolated, especially during those, you know, awkward adolescent years. So, he really emphasizes the importance of open communication with loved ones.

(S-1) It's so easy to bottle things up, especially when you're feeling vulnerable. But talking to someone you trust can make such a difference.

(S-2) Absolutely. He encourages Anne to reach out to her family and friends, share her worries, seek support when she needs it. We don't have to go through life's challenges alone.

(S-1) Building a support system.

(S-2) Exactly. A network of people who love and care about you.

(S-1) It's powerful knowing you have people to lean on.

(S-2) It really is. He's reminding her that connection is a powerful antidote to stress.

(S-1) This is amazing. So much more than just stress management. It's like a deep dive into the human experience. What else?

(S-2) Okay. Well, he also brings up the idea of setting

small achievable goals.

(S-1) Breaking things down into bite-sized pieces.

(S-2) Exactly. Instead of feeling paralyzed by the enormity of it all, focus on one small step at a time.

(S-1) The journey of a 1000 miles begins with a single step.

(S-2) That's it. And as you achieve those small goals, you build confidence. It makes it easier to tackle the next challenge.

(S-1) Okay, this is starting to feel like a superpower. It's like we're not just victims of our stress. We can actually take control.

(S-2) That's the power of these simple strategies. They can have a profound impact on how we manage stress and navigate life. And to wrap things up for An, he encourages daily mindfulness practice just like he did with Lac.

(S-1) Mindfulness seems to be a key theme here. But what does that actually look like? Especially for a teenager.

(S-2) Well, he doesn't get super specific, which is smart. He lets An find what works for her. It could be traditional meditation or maybe just taking a few moments to really tune in to her senses.

(S-1) Bringing awareness to the present moment.

(S-2) Yes. And he emphasizes that even just a few

minutes each day can help her cultivate calm and reduce stress.

(S-1) Like a mental break.

(S-2) Exactly. A way to reset and recharge. And by practicing mindfulness, they can develop better focus, emotional calculation and resilience. Essential skills for everyone really, but especially for teenagers.

(S-1) Wow. He's able to tailor his advice to each of his children's unique needs, but still convey the same underlying message. Stress doesn't have to control us. We can transform it.

(S-2) And that's the beauty of it. He's not just giving them advice, he's empowering them, giving them tools to navigate life with grace and resilience.

(S-1) You know what I find most striking about all of this is just how much this father cares. He's pouring his heart and wisdom into these letters, hoping to guide his children toward a more peaceful life.

(S-2) It's heartwarming. And even though these letters are addressed to his kids, I think there's something in them for all of us.

(S-1) Absolutely. It's a reminder that no matter what challenges we face, we always have the power to choose how we respond.

(S-2) And that by embracing these techniques, by cultivating mindfulness and self-care, we can transform

stress from a burden into an opportunity, an opportunity for growth and transformation.

(S-1) So much wisdom in this letter. I can't wait to see what other insights we have. uncover as we continue our deep dive.

(S-2) Me too. There's so much more to explore. It's interesting, you know, how this father actually encourages both Lac and An to like lean into those feelings of anxiety instead of trying to just push them away.

(S-1) That's right. And I remember thinking that's a bit odd. Isn't the whole point to get rid of anxiety?

(S-2) It's a pretty common misconception that to be happy and healthy, you know, we got to eliminate all negative emotions.

(S-1) So, it's not about pretending everything is okay all the time.

(S-2) Right. This father, he understands that those kind of uncomfortable emotions, they're actually like a vital part of being human.

(S-1) So, it's more about like acknowledging them and then trying to figure out what they're trying to tell us.

(S-2) Exactly. When we just try to ignore them or suppress those emotions, well, they tend to just get stronger. But when we kind of approach those emotions with curiosity and compassion, well, we can learn from them.

(S-1) That makes sense. Like the when you try and hold a beach ball underwater, the harder you push it down, the more it wants to pop back up. But if you just let it float, it's a lot easier to manage.

(S-2) Great analogy. And this idea of acceptance, it's especially relevant for teenagers like An who are experiencing those intense emotions often for the very first time.

(S-1) So instead of feeling ashamed or afraid of those big feelings, they can start to see them as just like a normal part of growing up.

(S-2) Exactly. And by accepting those feelings, they can actually start to develop, you know, healthier ways of coping.

(S-1) It's like he's giving them permission to just feel the full range of human emotions.

(S-2) He's basically saying saying, "Hey, it's okay to not be okay. It's okay to feel anxious, sad, frustrated, whatever it is. You know, these emotions are a part of you and you can actually learn something from them."

(S-1) That is such a powerful message, and I think it's something we could all benefit from hearing, you know, no matter what age we are.

(S-2) Oh, absolutely. It's a reminder that we're all human and we're all going to experience this whole spectrum of emotions throughout our lives.

(S-1) And he also really encourages Lac and An to uh to self-reflect, to really look at their thoughts, their feelings, their behaviors. Why is that so important?

(S-2) Self-reflection, it's like uh it's like shining a light into how our minds work. Helps us understand why we're stressed, you know, identify our triggers and see those patterns and how we think and behave. Without this awareness, well, we're just running on autopilot. We react to things without really understanding why.

(S-1) So, taking a step back and asking, wait, why am I feeling this way?

(S-2) Exactly. And that simple act of questioning can be incredibly powerful. You get a more objective perspective.

(S-1) Becoming a scientist of your own mind.

(S-2) I like that. And by observing our thoughts and emotions, we can start to identify the things that, you know, kind of trigger our stress response. Maybe it's a certain person, maybe a specific situation, or even like a thought pattern.

(S-1) And then once we know those triggers, we can actually start to uh come up with strategies for dealing with them.

(S-2) Exactly. You go from reacting to things to being proactive. You anticipate those stressors and you have coping mechanisms ready.

(S-1) Okay. Now, this is feeling like a superpower,

(S-2) Right. It's like you're not at the mercy of your stress anymore. You can start to actually control it.

(S-1) Self-reflection. Love it. So, uh, what about connecting with nature? He mentions that for both Lac and An, right?

(S-2) He really emphasizes that nature can like ground you and restore your energy. He describes it as like a way to soothe your soul, reconnect with your senses and gain perspective.

(S-1) Soothe the soul. I love that nature just has this way of like calming us down, reminding us that we're part of something so much bigger than ourselves.

(S-2) He doesn't really talk about the science. But we know that being in nature can actually lower stress hormones, reduce blood pressure, and just improve your mood in general,

(S-1) like a natural antidote.

(S-2) Right. And he encourages both Lac and An to find those moments of peace in nature, whether it's going for a walk, listening to the birds, or even just, you know, sitting under a tree for a bit,

(S-1) almost like meditation.

(S-2) Yeah. It's about engaging your senses, really connecting with nature. He says even a few minutes can make a difference.

(S-1) This is making me want to go for a hike right now.

(S-2) Me, too. Sometimes we forget about the simple things that bring us joy.

(S-1) So, acceptance, self-reflection, connecting with nature. What else does he recommend for getting through, you know, those tough times?

(S-2) Well, he talks about the benefits of exercise for both your body and your mind. He explains to Lac that regular exercise can help release endorphins, which as you know can really boost your mood and reduce stress.

(S-1) Sound mind, sound body. Right.

(S-2) Exactly. And he doesn't, you know, tell Lac he has to do a certain type of exercise. The important thing is to find something you enjoy, whether it's running, swimming, dancing, whatever.

(S-1) I like that. It shouldn't feel like a chore,

(S-2) Right. It should be something that energizes you. And he even says it doesn't have to be strenuous. Even a brisk walk can make a difference.

(S-1) Just getting your body moving.

(S-2) Exactly. And he also emphasizes the importance of open communication, especially for An. You know, teenagers, they tend to bottle things up when they're stressed.

(S-1) They do. It's hard to open up when you're feeling vulnerable.



(S-2) He encourages An to talk to her family and friends. share her worries, let people support her.

(S-1) It's easier said than done, though, right?

(S-2) Oh, for sure. He knows it's not always easy. But he emphasizes that, you know, when we share our burdens with others, it can really lighten the load.

(S-1) It's like you're not carrying it all alone.

(S-2) Exactly. And he reminds me, you know, you don't have to bear the weight of the world on your own. It's okay to ask for help.

(S-1) We all need to hear that sometimes, no matter what age we are.

(S-2) Absolutely. And when we have those strong connections, it makes us more resilient.

(S-1) You know, it's amazing to me how this father blends like ancient wisdom with this modern understanding of stress.

(S-2) He really does. It's this holistic approach that honors both the past and the present.

(S-1) And what I find so inspiring is that well, he's not just talking about this stuff. He's actually living it. He's sharing these techniques with his kids because they've worked for him.

(S-2) That's what makes it so powerful. It's not just theory. It's experience. He's speaking from a place of like deep understanding and compassion.

(S-1) He's basically saying, "Look, I've been there. I know what it's like to struggle, but here are some things that helped me. I want to share them with you so you can have an easier time.

(S-2) A beautiful example of mentorship, passing down wisdom to the next generation.

(S-1) And it's not just about the techniques. It's about the mindset he's encouraging.

(S-2) Approaching life with intention, awareness, and compassion, recognizing that stress is a part of life, but we don't have to let it control us. We always have a choice.

(S-1) I'm finding myself like really reflecting on my own life as we talk about this.

(S-2) Me, too. It makes you think about how you can apply these things to your own life, doesn't it?

(S-1) Definitely. I'm feeling so inspired. Okay, so what else can we learn from this amazing letter?

(S-2) Well, he goes into some pretty specific strategies for mindfulness and self-awareness. I think you'll find it fascinating.

(S-1) Yeah. Okay, I'm ready. You know, it's amazing how much this father emphasizes mindfulness for both of his kids, but I think for a lot of people, mindfulness can feel kind of well vague, like what does it actually look like in everyday life?

(S-2) Well, what I appreciate is that he doesn't get too hung up on specific techniques. He seems to get that mindfulness isn't, you know, a one-size fits-all thing.

(S-1) So, it's not about sitting on a cushion and chanting for an hour.

(S-2) He definitely doesn't present it that way. He encourages Lac and An to find what works for them.

(S-1) So, for Lac's juggling work and all that, maybe it's just taking a few deep breaths before a meeting or like really savoring his coffee in the morning instead of just, you know, gulping it down.

(S-2) Exactly. And for An who's like constantly bombarded with stuff, it could be about putting her phone down for a few minutes, just noticing the sounds around her or how her breath feels.

(S-1) It's about those small moments of awareness, right?

(S-2) Yeah. And he really points out how even those little things can have a big impact. You feel calmer, more grounded, more in control.

(S-1) It's like bringing more intention to your day without having to add anything new to your to-do list.

(S-2) And he talks about how this shift in perspective can really help and manage those, you know, big emotions that come with being a teenager

(S-1) because teenagers, they're just going through so much hormonally and socially. It's a lot.

(S-2) He gets it. And he explains that mindfulness can help her become more self-aware.

(S-1) So instead of feeling like, "Oh my gosh, these emotions are controlling me." She can learn to, you know, step back a bit, observe those feelings,

(S-2) create some space.

(S-1) Yeah. So she can choose how she responds instead of just like reacting automatically.

(S-2) That's exactly it. Creating that pause

(S-1) almost like superpower, right?

(S-2) Totally. And he reminds her that it's a skill. It takes practice. It's not about being perfect. It's about making that effort to be more present.

(S-1) And that's, I think, a really important point. He's not saying we have to be mindful all the time. We're all human,

(S-2) Right. We're going to mess up. We're going to get stressed.

(S-1) But we can cultivate that mindful approach. It makes those tough moments a little easier.

(S-2) We can handle things with more grace, more ease.

(S-1) It's like he's giving them this like lifelong gift, the ability to find peace no matter what's going on around them.

(S-2) And the way he does it, it's not preachy at all. He just shares his experience and lets them find their own way.

(S-1) It's really beautiful the power of a parents love. And even though this is a letter from a father to his kids, I think it speaks to all of us.

(S-2) Totally. No matter what our age is or what we're going through,

(S-1) It's a reminder that we all have the power to change how we experience stress.

(S-2) Yeah.

(S-1) To build resilience, to find that inner peace.

(S-2) And as we wrap up this deep dive, I'd like to leave you with a question. What technique really resonated with you and how can you start using it in your own life?

(S-1) That's a great question to think about. And on that note, we'll leave you to start your own journey of stress transformation. Thanks for joining us on this deep dive. Until next time, remember, you have the power to choose peace.

End.

MP3: The Power Of Transforming Stress Into Relaxation

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# The Transformative Power Of Turning Fear Into Courage

(S-2) You know, it's funny how often we're told to be fearless,

(S-1) Right.

(S-2) Like fear is something we can just like switch off, you know? So, today we're going to take a deep dive into a source that kind of flips that whole idea on its head.

(S-1) Okay.

(S-2) It's uh it's a letter from a father to his 20-year-old son, Lac, and his 15-year-old daughter,

(S-1) Right.

(S-2) and it's all about harnessing the power of fear and then turning it into courage. I think it'll resonate with uh with all of us, no matter what challenges you're going through.

(S-1) It's fascinating how the father frames fear as a as a silent teacher.

(S-2) Yeah.

(S-1) Not not an enemy that has to be vanquished.

(S-2) Yeah. It reminds me of those times I've been afraid to do something like like giving a presentation or even speaking up in a meeting and then afterward I always

realize.

(S-1) Yeah.

(S-2) Oh, I learned something from that.

(S-1) Absolutely.

(S-2) By pushing through that.

(S-1) It it's really similar to how we how we learn from from mistakes.

(S-2) Yeah.

(S-1) Um Discomfort can be a sign that we're stretching ourselves. You know, even fear, it's it's like we're stepping outside of what we're comfortable with.

(S-2) Right.

(S-1) And we're growing, expanding what we can handle.

(S-2) So, a fear can be a teacher.

(S-1) Yeah.

(S-2) What's the lesson here? What is this father trying to teach his kids about turning fear into courage?

(S-1) Well, he defines courage as not as the absence of fear, but as the ability to move forward in spite of it. And that that really resonated with me because it says that we don't need to wait until we feel completely fearless to act,

(S-2) Right.

(S-1) Yeah.

(S-2) That's a helpful distinction.

(S-1) Yeah.

(S-2) How can we learn to to accept fear without letting it just, you know, completely paralyze us? Is that is that what he's getting at?

(S-1) It it seems like that.

(S-2) Okay.

(S-1) Um he gives an example of of lack struggling with a with a difficult assignment.

(S-2) Okay.

(S-1) You know, he's feeling completely overwhelmed.

(S-2) Yeah.

(S-1) And the father encourages him to simply accept the fear.

(S-2) Okay.

(S-1) Take a deep breath, break the problem down into smaller steps and then you know focus on what he can control.

(S-2) Right.

(S-1) So it really highlights how courage can be built through

(S-2) Yeah.



(S-1) small deliberate actions.

(S-2) So it's not about some grand heroic act of bravery.  
It's more about

(S-1) it's a small step

(S-2) consistently choosing to do the small things even  
when you're afraid.

(S-1) Precisely.

(S-2) And it's those small steps that over time

(S-1) Yes.

(S-2) strengthen our our courage muscles. Make making  
us more resilient...

(S-1) Yes.

(S-2) ...in the face of future challenges.

(S-1) Exactly.

(S-2) When you when you talk about resilience,

(S-1) Yeah.

(S-2) there's this amazing analogy the father uses to  
describe it. He talks about bamboo trees.

(S-1) Yes.

(S-2) And how they can withstand strong winds.

(S-1) It's such a a vivid image.

(S-2) It is.

(S-1) He explains how bamboo's um flexibility

(S-2) Yeah.

(S-1) allows it to bend but not break even in the even in the harshest storms.

(S-2) Yes.

(S-1) And he suggest that we can we can cultivate that same flexibility within ourselves.

(S-2) But how do we actually apply that? Is that something you're just, you know, born with or or can we learn to be more like bamboo?

(S-1) That's where his advice gets really interesting.

(S-2) Okay.

(S-1) And he and he tailor it to each of his children,

(S-2) Right.

(S-1) Um remember Lac is 20.

(S-2) Yeah.

(S-1) He's dealing with those typical early adulthood challenges, you know, trying to figure out his path, his future.

(S-2) What kind of advice does he give Lac? to to build that bamboo strength.

(S-1) He starts by encouraging Lack to to identify his fears.

(S-2) Okay.

(S-1) He even suggest writing them down, you know, getting them out of his head and on paper.

(S-2) Yeah.

(S-1) So, if you're afraid of a test, right, I'm worried because I'm not prepared enough, or I'm afraid of failing.

(S-2) I can see how that would be helpful. It's almost like you're taking away some of the power by naming it, bringing it out into the open.

(S-1) Exactly. It's a it's a technique that's actually used in cognitive behavioral therapy or CBT.

(S-2) Okay.

(S-1) To help people manage anxiety and fear.

(S-2) Oh.

(S-1) And by becoming more aware of our fears, we can start to challenge them,

(S-2) Right.

(S-1) Reframe them.

(S-2) So, he's weaving in some pretty established psychological principles here.

(S-1) Yes.

(S-2) But I'm guessing he doesn't stop at just identifying fears.

(S-1) He doesn't.

(S-2) What else does he, suggest for Lac?

(S-1) Well, he builds on that by urging Lac to focus on what he can control.

(S-2) Okay.

(S-1) So instead of getting overwhelmed by how big the situation is, he suggests asking,

(S-2) Yeah.

(S-1) what's one thing I can do right now?

(S-2) It's like breaking down a big scary task into smaller steps so you're not as overwhelmed by it.

(S-1) It's about shifting our focus from from the things that we can't control to the actions we can take.

(S-2) I like that.

(S-1) And and each small step forward, even if it feels insignificant, can help build our confidence, our sense of self-efficacy.

(S-2) Now, I'm curious about the advice he gives to An who's 15 and probably navigating a whole different set of fears and challenges,

(S-1) Right.

(S-2) How does his approach change for her?

(S-1) You're right. Being 15 comes with its own uh set of challenges.

(S-2) Yeah.

(S-1) The father seems to recognize that An's fears might be tied to, you know, social pressure, self-doubt,

(S-2) Yeah.

(S-1) those those tricky teenage emotions.

(S-2) So, how does he guide her towards turning those fears into courage? It feels like those teenage years are such a different ballgame compared to

(S-1) Absolutely.

(S-2) to what Lac is going through.

(S-1) It's interesting how he starts by encouraging an to simply recognize her emotions.

(S-2) Okay.

(S-1) He suggests, you know, activities like journaling or even drawing to help her process what she's feeling.

(S-2) That makes sense.

(S-1) Yeah.

(S-2) It's like giving those swirling emotions a shape and a form.

(S-1) It is.

(S-2) Rather than just letting them build up inside.

(S-1) It reminds me of the concept of emotional literacy. Learning to identify and understand our own emotions and when we can name them, they become less overwhelming.

(S-2) Right.

(S-1) And we can start to manage them more effectively.

(S-2) It's almost like having a language.

(S-1) Exactly.

(S-2) To talk about those feelings, which can be really important in those turbulent teenage years.

(S-1) Absolutely.

(S-2) Yeah.

(S-1) And building on that self-awareness, the father gives another crucial piece of advice.

(S-2) Okay.

(S-1) He warns her about the dangers of comparing herself to others.

(S-2) That's so important,

(S-1) Especially in in this age of social media,

(S-2) especially for teenagers who are constantly bombarded with those perfectly curated online personas,

(S-1) Right. It's easy to fall into the trap of feeling inadequate.

(S-2) Totally.

(S-1) The father encourages An to remember that everyone is on their own unique journey.

(S-2) Yeah.

(S-1) Facing their own their own challenges and triumphs.

(S-2) Right.

(S-1) It's about cultivating self compassion and recognizing that we each have our own

(S-2) Yeah.

(S-1) strengths and weaknesses.

(S-2) So instead of comparing ourselves to others...

(S-1) Yeah.

(S-2) ...we should be focusing on our own growth and progress

(S-1) Exactly.

(S-2) as individuals.

(S-1) And to help her on that journey, the father suggests a practice.

(S-2) Okay.

(S-1) That might seem simple but can be incredibly powerful.

(S-2) Okay.

(S-1) He encourages and to to practice self-encouragement.

(S-2) Okay.

(S-1) To stand in front of a mirror.

(S-2) Uhhuh.

(S-1) And say kind things to herself.

(S-2) I can see how that might feel awkward at first.

(S-1) You might.

(S-2) But I can also imagine how over time it could really help to boost self-esteem and confidence.

(S-1) It's like planting seeds of positivity in in our own minds and research actually supports the effectiveness of positive self-talk.

(S-2) Okay.

(S-1) When we speak to ourselves with with kindness and encouragement, we start to internalize those messages and believe in our own abilities.

(S-2) It's amazing how this father is is weaving together these really practical tips with deeper understanding of psychology. But does he stop at just you know talking about emotions and selft talk? He doesn't what else does he what else does he suggest?

(S-1) Well, he also emphasizes the importance of building positive daily habits. He suggests and try something as simple as taking a few minutes each morning...

(S-2) Okay.

(S-1) ...to breathe deeply and set an intention for the day.



(S-2) It's interesting how he connects those small everyday actions to cultivating courage. It's not always about

(S-1) it's not always about the grand gestures,

(S-2) the grand gestures.

(S-1) This ties into the the principles of behavioral psychology,

(S-2) Okay.

(S-1) which highlights the power of creating routines that support our goals,

(S-2) Right.

(S-1) when we when we establish those those small positive habits,

(S-2) Yeah.

(S-1) we build momentum,

(S-2) Okay.

(S-1) and make it easier to stay on track,

(S-2) Right.

(S-1) even when we're faced with with challenges.

(S-2) It's like setting ourselves up

(S-1) Yes.

(S-2) for success.

(S-1) That's a great way to put it. And to help manage stress and and nurture her well-being.

(S-2) Yeah.

(S-1) The father encourages her to find joy in simple things.

(S-2) I love that. What kind of things does he suggest?

(S-1) He mentions activities like drawing, reading, or even or even tending to plants.

(S-2) It reminds me of the importance of self-care.

(S-1) Yes.

(S-2) You know, it's so easy to get caught up in the hustle and bustle of life.

(S-1) Exactly.

(S-2) That we forget to prioritize those activities that bring us joy. and replenish our energy.

(S-1) Absolutely.

(S-2) Yeah.

(S-1) And finally, the father emphasizes the importance of seeking support when needed.

(S-2) Okay.

(S-1) He encourages An to share her struggles with her parents, her teachers, or other trusted adults.

(S-2) It's a powerful reminder that we don't have to go through tough times alone. Having a supportive network can make a world of difference.

(S-1) Like that saying, a burden shared is a burden haved.

(S-2) Exactly.

(S-1) Yeah.

(S-2) So, we've explored all this amazing advice

(S-1) Right.

(S-2) that this father gives to both Lac and An.

(S-1) Yeah.

(S-2) I'm curious about your overall impressions what what stands out to you about his approach?

(S-1) It's remarkable how he combines these timeless wisdom practices with a a really modern understanding of psychology, doesn't just tell his kids what to do. He equips them with practical tools and strategies to face their fears and and build courage

(S-2) Yeah.

(S-1) and what's so brilliant is that these are tools and strategies that we can all benefit from regardless of our age or situation.

(S-2) That's a great point. It's a reminder that the journey of turning fear into courage.

(S-1) Yeah.

(S-2) It is a lifelong process.

(S-1) Absolutely.

(S-2) And it's never too early or too late to start developing those skills.

(S-1) It's about making a conscious effort to build those courage muscles so we can so we can navigate life's inevitable challenges with greater resilience and confidence.

(S-2) And speaking of navigating challenges. I'm sure our listeners are eager to hear more about how we can apply these insights to our own lives.

(S-1) It's amazing how much we've unpacked from just this one letter.

(S-2) I know. It's pretty incredible, right?

(S-1) Yeah. It's like a a master class in in turning fear into courage.

(S-2) Yeah.

(S-1) With with all this practical advice woven into, you know, heartfelt guidance.

(S-2) Yeah. So, as we wrap up this deep dive,

(S-1) Yeah.

(S-2) I'm curious, what are some key takeaways that are listeners can can actually put into action? What would you say are the the most valuable nuggets of wisdom from this father's letter?

(S-1) I think one of the most powerful takeaways is this idea that we don't have to conquer fear,

(S-2) Right.

(S-1) To live courageously,

(S-2) Right.

(S-1) It's more about learning to coexist with it.

(S-2) Yeah.

(S-1) To recognize it as as a as a natural part of being human.

(S-2) That's a big shift in perspective for a lot of people, myself included. It's like we're giving ourselves permission.

(S-1) Yes.

(S-2) To feel fear without letting it control us.

(S-1) And that's where the the father's definition of courage comes in. It's not about being fearless.

(S-2) Yeah.

(S-1) It's about taking action in spite of feeling afraid.

(S-2) It reminds me of all those small but significant acts of courage that we we talked about, you know, Lac facing that challenging assignment, right? And An speaking up for herself.

(S-1) Those moments, even though they might seem small on the surface, are the building blocks of true

courage.

(S-2) And it's and it's through those consistent choices that we strengthen our resilience.

(S-1) Exactly. Just like the the bamboo tree bending but not breaking in the strong winds.

(S-2) That bamboo analogy is so powerful.

(S-1) It is.

(S-2) It makes resilience feel achievable like something we can we can develop through practice

(S-1) Right.

(S-2) You know, an intention

(S-1) and the father's belief that this transformative power is with and everyone is so encouraging. It's not some special gift reserved for a select few. It's an inherent capacity that we all have.

(S-2) And he doesn't just leave it at that.

(S-1) He doesn't.

(S-2) Right. He gives Lac

(S-1) give them tools,

(S-2) specific strategies to tap into that inner strength.

(S-1) Exactly. Whether it's identifying and acknowledging our fears, uh focusing on what we can control, practicing gratitude, self-encouragement, or seeking support from others. There are so many practical

ways to to cultivate courage in our daily lives.

(S-2) It's like he's giving us providing a toolkit, equipping his kids and us...

(S-1) Yes.

(S-2) ,,with the resources that we need

(S-1) Exactly.

(S-2) to face whatever challenges come our way.

(S-1) And what's so beautiful is that these tools are accessible to everyone. They don't require,

(S-2) Right.

(S-1) you know, special training or expertise.

(S-2) Right.

(S-1) Just a willingness to try.

(S-2) Yeah.

(S-1) And a commitment to consistency.

(S-2) So, as we wrap, up this deep dive.

(S-1) Yes.

(S-2) I want to leave our listeners with a final thought, something to to reflect on and maybe even act upon.

(S-1) What would you suggest?

(S-2) I think it would be powerful to consider one area of your life where fear has been holding you back. Maybe something you've been you've been avoiding or putting

off, and then drawing inspiration from this father's wisdom.

(S-1) Yeah.

(S-2) What's one small step you can take today to move towards that goal?

(S-1) Right.

(S-2) Even if it feels scary.

(S-1) It could be as simple as writing down your fear,

(S-2) Right.

(S-1) Or breaking down a big goal into into smaller steps or even just sharing your struggle with a trusted friend.

(S-2) Remember, even the even the tiniest act of courage can can create a ripple effect.

(S-1) Exactly.

(S-2) Leading to bigger and bolder choices down the road.

(S-1) And the more we practice those those small acts of courage, the more we we build that courage muscle, making us more more resilient and confident in facing whatever life throws our way.

(S-2) So to all our listeners out there, embrace your fear.

(S-1) Yes.

(S-2) Cultivate your courage and know that you have the power within you.



(S-1) You do.

(S-2) To create a life that is both meaningful and fulfilling.

(S-1) And as always, we'll be here to support you on that journey.

(S-2) That's right.

(S-1) Offering insights and deep dives to help you navigate the aracka, the complexities of life.

End.

MP3: The Transformative Power Of Turning Fear Into Courage

<https://moingaymotchuyen.com/Fear-Courage>

# The Power Of Transforming Dissatisfaction Into Contentment

(S-2) Welcome back everyone. Ready for another deep dive? Today we're um echling something a little different.

(S-1) Different. Good or different?

(S-2) Oh, definitely good. Different. We've got this letter uh from a father to his two kids.

(S-1) Okay.

(S-2) Lac, he's 20 in in university, and then An is 15 going through the whole high school thing.

(S-1) Uh high school.

(S-2) Right. It's like he's giving them this uh I don't know, a survival guide almost for dealing with all those curve balls life throws your way. What uh what jumped out at you about his approach?

(S-1) I think it's really cool how he uses metaphors and stories to get his points across. You know, it's not just do this, don't do that. It's more like he's trying to, you know, help them really understand how to think about challenges.

(S-2) Yeah.

(S-1) One that I thought was really powerful was this idea of dissatisfaction being like rocks in a stream.

(S-2) Okay. I love a good metaphor. So, break it down for me. This rocks in a stream thing, how does that apply to like everyday life?

(S-1) So, imagine you're the water flowing in the stream, right? And then you come across some rocks. And those rocks, those are the dissatisfactions we all face, right? But here's the thing. The water doesn't just stop. It flows around the rocks,

(S-2) Okay.

(S-1) And maybe make some, you know, rippling sounds along the way. And those ripples, those are the new paths or insights that, you know, might not have existed if the rocks weren't there in the first place.

(S-2) So he's saying we should be more like water, adaptable, persistent, finding new roots when we hit those roadblocks.

(S-1) Exactly. And you know those ripples. Those could be opportunities for growth. Maybe that dissatisfaction is a signal that something needs to change, a chance to kind of re-evaluate your direction. You know,

(S-2) That's a much better way to look at it. Instead of just getting stuck in the negative feelings, you use them to kind of propel you forward.

(S-1) And he also talks about how, you know, contentment isn't about having a perfect life. It's more about a shift in perspective, like how you choose to view things.

(S-2) So less about what's happening to you and more about how you react to it.

(S-1) Exactly.

(S-2) Yeah.

(S-1) And so he kind of goes on to give some specific advice to each of his kids. The Lac, the older son, he's dealing with the pressures of university exams, figuring out his career path. I mean, a lot of our listeners have probably been there, right?

(S-2) Totally. That feeling of, oh my gosh, I need to have it all figured out right now. Like your worth is tied to your achievements. It's a trap I think so many of us fall into.

(S-1) And the father acknowledges that pressure.

(S-2) Yeah.

(S-1) But he encourages Lac to reframe his thinking. So instead of seeing life as this race with winners and losers, he suggests viewing it as a journey.

(S-2) I like that.

(S-1) Even the missteps, those rocks in the stream, if you will, they all have meaning.

(S-2) So it's about learning from those setbacks rather than letting them, you know, completely derail you.

(S-1) Yeah. And he even tells Lac about a time when he didn't get a job that he really wanted and how that disappointment actually led him to something even

better. So, you know, sharing his own struggles probably makes the advice a little more relatable for Lac.

(S-2) Oh, for sure. It's not just some abstract wisdom. It's like, "Hey, I've been there, too." It makes it real,

(S-1) Right. Exactly. And then he connects it back to that rocks in the stream idea, like, "Don't let these setbacks stop you. Use them to course correct."

(S-2) Okay. So, he's validating Lac's feelings, but then he's giving him some tools to actually work with those feelings. What kind of practical advice does he offer?

(S-1) Well, one thing is breaking down big goals into smaller, more manageable steps. Imagine you're climbing a mountain. If you just focus on the peak, it can feel overwhelming

(S-2) Right.

(S-1) But if you break it down into base camps along the way, suddenly it feels a lot more doable.

(S-2) You get to celebrate those small victories, which keeps you going. I like that.

(S-1) He even suggests like writing down those small wins just as like a visual reminder of your progress, proof that you were moving forward, you know?

(S-2) I love that.

(S-1) And then there's this great technique he calls slowing down.

(S-2) Slowing down. Okay. What's that all about?

(S-1) It's like a simple deep breathing exercise. You place your hand on your chest, close your eyes, and focus on in your breath. He even gives Lac this little mantra to repeat. It's everything happens for a reason and there's always a solution. Most importantly, I'm doing everything within my power and doing my best.

(S-2) Okay.

(S-1) Which is so powerful.

(S-2) It's like a mini meditation you can do anywhere to just kind of calm your nervous system down.

(S-1) Exactly. And I think it highlights something really crucial. Even when things feel chaotic, you always have control over your breath. It's like an anchor in the present moment.

(S-2) It's true. I bet a lot of our listeners could benefit from that, myself included.

(S-1) Absolutely. He also emphasizes self-care. You know, it's easy for lack to get caught up in all the pressure of university and forget to make time for himself.

(S-2) Oh, I remember those days allnighters fueled by caffeine and stress.

(S-1) Exactly. But the father encourages Lac to actually schedule in moments of happiness. Things like reading, listening to music, or even just taking a walk in nature.

(S-2) Wait, so he's saying to like schedule happiness? Isn't that kind of counterintuitive? Like, can you really and for joy.

(S-1) That's a great point. It's probably less about like forcing happiness and more about being intentional about making time for things that recharge you. Instead of letting those things get squeezed out by your to-do list, you're making a conscious choice to prioritize them. It's like saying, "My well-being matters and I'm going to invest in it."

(S-2) That's a powerful shift in mindset. Instead of viewing self-care as this like luxury, you're seeing it as essential. Like it's actually a tool that helps you deal with those rocks in the stream.

(S-1) Exactly. And it kind of brings up an interesting question for our listeners. What brings you joy? What are those things that energize you, that make you feel more like yourself? What could you maybe intentionally build into your week, even if it's just for a few minutes each day?

(S-2) Those are such good questions to think about. I have a feeling we're going to uncover even more awesome insights as we continue to explore this father's advice.

(S-1) It's so cool how he like tailors the advice to each of his kids' specific challenges.

(S-2) Mhm.

(S-1) But there are these like universal truths about dealing with dissatisfaction woven in, you know.

(S-2) Yeah, totally.

(S-1) So, let's move on to An the 15-year-old daughter.

(S-2) Okay.

(S-1) High school is uh well, that's a whole other obstacle course, isn't it?

(S-2) Oh, absolutely. The drama, the social pressures, the constant feeling of like being judged. It's like everything is just magnified like times a thousand.

(S-1) And the father acknowledges that, right? He talks about how intense those emotions can be at that age. You know, everything from peer pressure to those sudden mood swings. It's like where did that come from?

(S-2) So, he's not just brushing it off as teenager stuff.

(S-1) No, not at all. He's like, "Hey, these feelings are normal, even healthy in a way." And he uses another great metaphor here. He compares those intense emotions to like a sudden summer rain.

(S-2) Okay.

(S-1) Sometimes it's uncomfortable, you know, but it's also cleansing and refreshing.

(S-2) I love that. It's like those emotions are clearing the air, making space for something new to grow.

(S-1) Exactly. And then he encourages An to practice recognizing and naming her emotions.

(S-2) Okay.



(S-1) So, instead of just like reacting, he's teaching her to pause and ask herself, "What am I feeling right now?"

(S-2) Wow.

(S-1) What triggered this and why am I feeling this way?

(S-2) That's some pretty deep self-awareness for a 15-year-old. But yeah, those are definitely skills that'll be useful throughout life.

(S-1) For sure. It's like he's giving her the tools to become the observer of her own internal weather patterns.

(S-2) I like that.

(S-1) By understanding her emotions, she can start to kind of, you know, manage them instead of letting them control her.

(S-2) So, what kind of practical tips does he give her for dealing with those big, sometimes overwhelming emotions?

(S-1) He suggests things like drawing or writing to just kind of release those pent up feelings.

(S-2) Okay.

(S-1) It's like a healthy outlet, a way to process those emotions without bottling them up or exploding.

(S-2) Yeah. Right. I can see that being really helpful. It's almost like externalizing those feelings, getting them out of your head and onto the page.

(S-1) Right. Exactly. And he also encourages her to connect with nature, spending time outdoors. you know, observing the trees, the flowers, the sky. He kind of reminds her that nature has a way of calming our minds and helping us to see the beauty in the world even when things feel tough.

(S-2) It's like a reminder that there's something bigger than our own problems that even amidst the chaos, there's still beauty and order.

(S-1) Right. And he also talks about building confidence by focusing on what you do well.

(S-2) Yeah.

(S-1) Even the small things.

(S-2) Okay.

(S-1) Maybe An finished her homework on time. time or helped a friend with a problem...

(S-2) Yeah.

(S-1) ...those little victories, they add up.

(S-2) That's a really good point. We often get so caught up in like what we haven't done that we forget to acknowledge all the things that we have accomplished.

(S-1) Exactly. And then there's this idea of resting the mind. He suggests she spends 10-15 minutes each day doing something she truly enjoys like listening to music, reading, or just sitting quietly. It's like giving her

permission to just disconnect from all the demands and reconnect with herself.

(S-2) I bet a lot of teen teenagers and adults for that matter could really benefit from that.

(S-1) Yeah.

(S-2) It's so easy to forget the importance of stillness and quiet reflection in our always on culture.

(S-1) He also gives her this powerful tool for dealing with criticism and peer pressure, which let's be honest, is a huge part of high school.

(S-2) Yeah.

(S-1) He tells her to ask herself, "Is this criticism truly important to me? If it is, in what way is it important? And why is that aspect important to me?"

(S-2) Wow, that's such a good way to filter through all that noise and all those opinions that are constantly bombarding you at that age.

(S-1) It's like he's teaching her to prioritize what truly matters and to just let go of the rest. Define her own values instead of letting others define them for her.

(S-2) That's a skill that'll be helpful no matter how old you are. You know, it's interesting how he weaves together those practical tips with these deeper like philosophical insights.

(S-1) Yeah. He's not just saying what to do. He's helping them understand why it's important. He's equipping them

with a framework for thinking about challenges. that they can apply throughout their lives. It's like he's saying, "Here's a toolkit. Use these tools to build a life that feels meaningful to you."

(S-2) That's beautiful. It's not just about solving these immediate problems. It's about fostering a mindset that'll benefit them in the long run.

(S-1) One more thing I want to point out is his emphasis on gratitude. He encourages both lack and and to keep a gratitude journal.

(S-2) Okay.

(S-1) Just writing down three things that they're grateful for each day, no matter how small.

(S-2) I've heard about gratitude journals. They're supposed to be really good for shifting your perspective.

(S-1) Exactly. It's about training yourself to notice and appreciate the good in your life even when things are tough. It's like rewiring your brain to focus on the positive instead of dwelling on the negative.

(S-2) It's so easy to get caught up in the I need this and the I wish I had that. But yeah, taking a moment to acknowledge the good things, even the simple things, can really make a difference.

(S-1) Absolutely. And along with gratitude, he stresses the importance of connection for Lac. who might be feeling isolated in that whole pressure cooker

environment of university. He talks about spending time with positive, inspiring people.

(S-2) It makes sense. Those kinds of connections can provide support and encouragement, new perspectives when you're feeling lost.

(S-1) And for An who's going through the ups and downs of high school friendships, he highlights the importance of having people she can trust, people she can confide in.

(S-2) Mhm.

(S-1) He reminds both of them, you don't have to go through this alone. Like reaching out to other others for help and support. That's a sign of strength.

(S-2) It's like having a safety net, knowing you have people you can turn to when things get rough.

(S-1) Exactly. And remember, he's talking to his own kids, so there's this added layer of love and reassurance. It's like, hey, I'm here for you no matter what. It reminds me that we all need that kind of support, whether it comes from family, friends, mentors, or even like a community of people going through similar things.

(S-2) It's that feeling of being seen and understood, like you're not alone in your struggles that can make a world of difference.

(S-1) Absolutely. And he also touches on the importance of self-acceptance. He reminds Lac, it's okay not to be perfect.

(S-2) Yeah, that's a tough one, especially for young people who are constantly bombarded with these messages about needing to achieve and succeed.

(S-1) He's encouraging Lac to focus on doing his best with what's within his control and let go of the things he can't change. It's like he's giving him permission to release the burden of those unrealistic expectations.

(S-2) To embrace his own unique journey. I like that.

(S-1) And for An, who's facing all those social pressures of high school, he reminds her that her worth isn't determined by what other people think of her.

(S-2) Okay.

(S-1) He encourages her to like define her own values, live authentically, even if it means standing out from the crowd.

(S-2) It's about having the courage to be yourself, even if it feels uncomfortable, trusting your own inner compass instead of always looking to others for validation.

(S-1) And he reminds both of his children that this journey of transforming dissatisfaction into contentment, it's a lifelong process. It's Not something you achieve overnight. It takes practice, patience, and a willingness to keep learning and growing.

(S-2) It's like building a muscle, right? The more you practice, the stronger you become.

(S-1) Exactly. And remember, he's always there for them, ready to listen and support them along the way. It's really a beautiful testament to the power of a parent's love and guidance. It reminds me that we all have the capacity to find contentment even in the face of life's inevitable challenges. It might not be easy, but it's certainly worth striving for.

(S-2) It's amazing how much he managed to pack into one letter. It's like a crash course in turning those oo moments into something good.

(S-1) And it's something we can all learn from too. You know, it doesn't matter what stage of life you're in. We've all felt that dissatisfaction, that feeling that something's got to change.

(S-2) He makes a really good point that contentment, it's not about having a perfect life. It's about adjusting your perspective, choosing to see the good. It's about gratitude, connection, self-care. building those positive habits

(S-1) and remembering it's a journey, not a destination. There going to be ups and downs, that's for sure. But he's given Lac and An and really all of us a way to navigate those rough patches.

(S-2) Going back to that rocks in the stream metaphor, it's like he's saying, "Look, the rocks are going to be there. You can't control that, but you can control how you react to them. You can let them stop you completely or you can find a way around them."

(S-1) And sometimes those detours, those lead to something even better than you could have imagined.

(S-2) What he's saying is so powerful. We all have the ability to find contentment even when things are hard. It might not be easy, but it's definitely something worth working towards.

(S-1) And remember, you don't have to do it alone. Like he told his kids, "I'm here for you." We all need that support system, whether it's family, friends, mentors, or even a community of people who get what you're going through.

(S-2) Yeah. It's like having a whole cheering section in your corner reminding you to keep going even when things get tough.

(S-1) Exactly. So, as we wrap up this deep dive, I want to leave you with a question. If those rocks in the stream represent things you're unhappy with, what are the rocks in your stream? What's blocking you?

(S-2) What keeps nagging at you? What needs to change? And what's one small step you can take today to start moving around that obstacle?

(S-1) Maybe it's starting that gratitude journal. Maybe it's practicing that deep breathing. Maybe it's setting a small goal or calling a friend. Whatever it is, remember, you've got the strength and the resources to deal with it. You can create Create a life that feels right for you, a life that matches your values.



(S-2) Thanks for joining us for this deep dive. We hope you found it helpful and inspiring. Keep learning, keep growing, and keep flowing. We'll see you next time.

End.

Mp3: The Power Of Transforming Dissatisfaction Into Contentment

<https://moingaymotchuyen.com/Dissatisfaction-Contentment>

# The Power Of Transforming Trauma Into Healing

(S-1) Welcome to uh this deep dive. And today we're going to be looking at turning trauma into healing and growth.

(S-2) Yeah.

(S-1) But we're going to be doing it in kind of a different way.

(S-2) Yeah. It's it's a unique approach.

(S-1) Um and the source materials is really interesting.

(S-2) Yeah.

(S-1) It's a letter from a father to his two children.

(S-2) Wow.

(S-1) Offering guidance on navigating life's challenges.

(S-2) And it's really interesting because it's not like a clinical text or anything. It's very personal. It's almost poetic in its approach.

(S-1) Yes. And I think what makes this really special is that even though he's writing to his kids specifically, like when I was reading it, I felt like he was talking to me,

(S-2) Right.

(S-1) You know, like anyone could read this and get something out of it.

(S-2) It's very universal.

(S-1) Yeah.

(S-2) Yeah.

(S-1) So, his kids are Lac, and Lac is 20 years old and he's a university student. And then An is 15 and she's in high school.

(S-2) Okay.

(S-1) And one of the first things that the dad does is he uses this analogy of life as a river.

(S-2) I love that analogy.

(S-1) Yeah.

(S-2) It's beautiful.

(S-1) So, I wanted to get your take on that.

(S-2) Yeah.

(S-1) What do you think he's trying to get at with that?

(S-2) Well, he talks about, you know, those calm stretches where the water's flowing smoothly and then there's these exhilarating rapids that shake things up a bit and then there even like hidden rocks that can catch us off guard, you know. So, it's basically like a metaphor for all the ups and downs we experience...

(S-1) It is.

(S-2) ...in life.

(S-1) Yeah. And I think there's a connection there to this idea of flow state. Have you ever heard of that?

(S-2) Oh, yeah. Absolutely.

(S-1) Like when you're just so engrossed in something that you lose track of time.

(S-2) Totally. You're in the zone.

(S-1) Yeah.

(S-2) Yeah.

(S-1) And even though he doesn't actually say flow state, I feel like that's kind of what he's getting at with the river analogy.

(S-2) Yeah. He's acknowledging that life is this constant eb and flow.

(S-1) Right.

(S-2) Right.

(S-1) You're going to have good times and bad times.

(S-2) Yeah.

(S-1) But it's not about avoiding the bad times.

(S-2) Right.

(S-1) Right. Because that's impossible.

(S-2) Exactly. You can't avoid the tough stuff.

(S-1) Yeah.

(S-2) It's about, you know, learning to navigate those rapids to to to sort of ride those waves and not get completely swept away.

(S-1) And I think that's where resilience comes in.

(S-2) Oh, absolutely.

(S-1) Like having that inner strength to deal with those challenges.

(S-2) Yeah. That ability to bounce back, to adapt, you know, and to even use those challenges as opportunities to learn and grow,

(S-1) Right. And that brings us to, I think, a really key point that he makes, which is that trauma is not the end of the story.

(S-2) It's not a destination. It's a stepping stone.

(S-1) Yeah. I love that because I think it's easy to get stuck in this mindset that if something traumatic happens to you that it defines you, that it limits you.

(S-2) Yeah. You get trapped in that narrative.

(S-1) Right.

(S-2) But he's challenging that belief. He's saying, "Hey, trauma is part of life, but it doesn't have to dictate your whole story."

(S-1) Yeah. And this message is particularly relevant to Lac who is, you know, facing all those pressures of being a young adult.

(S-2) Trying to figure out his career path, dealing with academic stress.

(S-1) Yeah. Like, am I good enough?

(S-2) What if I fail?

(S-1) All of that,

(S-2) all those anxieties.

(S-1) Yeah. Yeah. And instead of just like brushing those aside, you know.

(S-2) Yeah.

(S-1) The God actually acknowledges those fears.

(S-2) He does.

(S-1) And he says to Lac, you know, don't be afraid of failure.

(S-2) He embraces it.

(S-1) Yeah. Embrace it.

(S-2) It's a learning opportunity.

(S-1) Exactly.

(S-2) And he even uses a specific example from Lac's life.

(S-1) Oh, yeah.

(S-2) Remember that story about Lac not making the swim team?

(S-1) Yes. He was devastated.

(S-2) Yeah. He was heartbroken. But instead of letting that experience crush him, you know, his dad helped him reframe it.

(S-1) How did he do that?

(S-2) Well, he asked Lac, you know, what did you learn? from the training, how did you grow as a swimmer, how can you apply those lessons to your next goal?

(S-1) So, he shifted the focus from the outcome

(S-2) Yeah.

(S-1) to the process, the learning that happened along the way,

(S-2) highlighting the value of effort and continuous learning.

(S-1) Right. And that's what they call a growth mindset.

(S-2) Yes.

(S-1) When you see challenges as opportunities to learn and grow.

(S-2) Exactly. And the father is intuitively tapping into this idea.

(S-1) Yeah.

(S-2) He's teaching Lac that setbacks are not failures, they're feedback.

(S-1) I love that.

(S-2) Right. Yeah, there are opportunities to course correct, to refine our approach, and ultimately to become more resilient.

(S-1) Okay, so we've talked about Lac and his anxieties about the future. But what about, what kind of challenges is she facing at 15?

(S-2) Humm well, the father captures those classic teenage struggles so beautifully.

(S-1) Yeah.

(S-2) Physical changes, the emotional roller coaster, the pressure to fit in, you know, that feeling of being lost and alone

(S-1) Yeah.

(S-2) in a world that's suddenly feeling very overwhelming.

(S-1) It can be a lot.

(S-2) It's a lot. And even if you're not a teenager anymore, I think we can all relate to those feelings.

(S-1) I know. I can like those questions of do I belong?

(S-2) Yeah. Am I normal?

(S-1) Am I good enough?

(S-2) All those insecurities.

(S-1) Yes. And instead of just dismissing those as like, oh, is it just a phase? You know,



(S-2) Right.

(S-1) the dad really digs into this idea of loneliness.

(S-2) Yeah. He acknowledges how heavy it can feel like an uninvited guest that just settles in your chest.

(S-1) But then he offers this really interesting perspective on loneliness.

(S-2) He does.

(S-1) He suggests that within that loneliness, there's potential for self-discovery.

(S-2) Yeah. He encourages An to embrace those moments of solitude, not to be afraid of them, to use them as an opportunity to turn inward.

(S-1) Wow.

(S-2) And ask yourself, you know, what's going on inside me? What are my dreams? What are my fears? What are my hidden strengths? You know, what makes me me?

(S-1) It's like he's saying, use this time to really get to know yourself.

(S-2) Exactly. Apart from all the outside noise and expectations.

(S-1) Yeah. So, we've got lack and his anxieties about the future. We've got an and her struggles with loneliness and self-discovery. But the dad also give them both. And I think you know anyone listening some practical techniques for dealing with life's challenges.

(S-2) Oh yeah. There are so many good ones.

(S-1) Yeah.

(S-2) But don't worry, he's not saying we need to master all of them overnight.

(S-1) Right.

(S-2) It's more about finding what works for you.

(S-1) Yeah. Like building your own personal toolkit.

(S-2) Exactly.

(S-1) So, what are some of the techniques that stood out to you?

(S-2) Well, We've already talked about, you know, reframing challenges and embracing a growth mindset.

(S-1) Right.

(S-2) But I think what's really interesting is how he encourages both Lac and An to cultivate inner peace.

(S-1) Yeah.

(S-2) Like through practices like meditation and deep breathing.

(S-1) Okay. So that's what we're going to get into next time.

(S-2) Sounds good.

(S-1) Stay tuned.

(S-2) I can't wait.

(S-1) All right. We'll be right back. Okay. So, we were talking about cultivating inner peace.

(S-2) Yes. Through practices like meditation or deep breathing.

(S-1) Yeah. Have you tried those?

(S-2) Oh, absolutely.

(S-1) What's your experience been like?

(S-2) It's it's been transformative for me. You know, it's really helped me manage stress, and just find more moments of calm in my day.

(S-1) I've tried meditating here and there, but I haven't really been able to make it stick.

(S-2) Yeah, it takes practice.

(S-1) Yeah. Do you think that even like a few minutes a day can actually make a difference?

(S-2) Oh, for sure. Even a five minutes can have a significant impact on your mental and emotional well-being.

(S-1) Wow.

(S-2) And it's not about, you know, emptying your mind completely or anything,

(S-1) Right. Because that's what I always picture.

(S-2) Yeah, it's really more about learning to just observe your thoughts and feelings without judgment.

(S-1) Yeah.

(S-2) Just creating a little space between you and all that mental chatter.

(S-1) So, it's almost like hitting the pause button on your mind for a few minutes.

(S-2) Exactly.

(S-1) Okay. I like that.

(S-2) Yeah.

(S-1) And speaking of, you know, thoughts and feelings.

(S-2) Yeah.

(S-1) The dad also talks about the importance of acknowledging and accepting your emotions.

(S-2) Yes. This is so crucial.

(S-1) But not trying to push them away.

(S-2) Exactly. Suppressing your emotions can actually make them stronger, you know.

(S-1) Right.

(S-2) It's like trying to hold a beach ball underwater.

(S-1) Yeah. Eventually, it's going to pop up.

(S-2) Exactly. And he's encouraging his kids to feel their feelings to allow themselves to experience the full range of human emotion.

(S-1) Yeah. And he even suggests, writing those emotions down or talking to someone you trust.

(S-2) It's about allowing yourself to be vulnerable,

(S-1) Right. And seeking support when you need it.

(S-2) Exactly. And that vulnerability is a sign of strength, not weakness.

(S-1) I agree.

(S-2) You know, it takes courage to acknowledge our struggles.

(S-1) And to reach out for help when we need it.

(S-2) And that actually leads us to another really important point that he makes, which is about self-care.

(S-1) Yes. Prioritizing your well-being is not selfish. It's essential.

(S-2) I think we need to hear that more often.

(S-1) We do.

(S-2) It's so easy to put everyone else's needs before our own.

(S-1) And it's not sustainable in the long run.

(S-2) Right. We can't pour from an empty cup.

(S-1) Exactly. And self-care doesn't have to be some big elaborate thing.

(S-1) It's about those small intentional acts. of kindness towards yourself,

(S-2) Right.

(S-1) Like taking a walk in nature, listening to music, taking a long bath.

(S-2) Yeah.

(S-1) You know, just little things that bring you joy and help you recharge.

(S-2) And I noticed that he also talks about setting healthy boundaries in relationships as part of self-care.

(S-1) Yes. That's so important.

(S-2) Yeah.

(S-1) It's about surrounding yourself with people who make you feel good.

(S-2) Yeah.

(S-1) You know, safe and support.

(S-2) And it's not just about who you let into your life. It's also about how you communicate your needs and setting limits when you need to.

(S-1) And I think this This is especially important for An who's navigating those tricky teenage friendships.

(S-2) Oh, absolutely.

(S-1) Like the peer pressure can be intense.

(S-2) It can be brutal.

(S-1) And the dad encourages her to say no, to walk away from situations that feel uncomfortable or unhealthy.

(S-2) He's empowering her to prioritize her own well-being,

(S-1) even if it means going against the crowd.

(S-2) Yeah.

(S-1) Yeah. And this actually ties into another piece of advice he specifically gives to an about embracing change.

(S-2) Oh yeah. He acknowledges that adolescence is a time of massive change.

(S-1) And he compares it to a caterpillar transforming into a butterfly.

(S-2) I love that metaphor.

(S-1) Me too.

(S-2) It's such a beautiful way to illustrate that growth is often messy and unpredictable.

(S-1) Right.

(S-2) You know, it's not always a linear upward trajectory.

(S-1) They're getting bumps along the way.

(S-2) Exactly.

(S-1) And I think that's a really comforting message for anyone going through a period of transition.

(S-2) It is. It's a reminder that it's okay to feel lost and uncertain. It's all part of the process.

(S-1) And I think it actually connects back to the river analogy.

(S-2) Absolutely.

(S-1) Life is going to throw some rapids your way, but you can learn to ride those waves

(S-2) instead of fighting against the current.

(S-1) Exactly. So, he encourages An to embrace change. And he also gives her some practical tools for channeling those really intense emotions that can come up during adolescence.

(S-2) Oh, yeah.

(S-1) I'm thinking specifically about his advice to find peace through creative activities.

(S-2) Yes. Like drawing, writing, music, dance.

(S-1) Yeah. Anything that allows her to express herself.

(S-2) Exactly.

(S-1) And I think this is something that can benefit people of all ages.

(S-2) Oh, absolutely.

(S-1) Like I know for me when I'm feeling stressed or overwhelmed, getting creative can be a really good outlet.

(S-2) It's like therapy for the soul.

(S-1) Yeah, it is.



(S-2) You know, it allows you to tap into your subconscious, express yourself non-verbally,

(S-1) and potentially even find some new ways of understanding and coping with your emotions.

(S-2) Exact.

(S-1) And along with creative expression, he also emphasizes the importance of self forgiveness,

(S-2) especially for teenagers who can be so hard on themselves. He reminds it that she's going to make mistakes. Everyone does.

(S-1) We're all human.

(S-2) Exactly. The key is to learn from those mistakes and then let them go.

(S-1) And he even gives her a specific example. He says, you know, if you've treated a friend poorly, apologize and try to do better next time.

(S-2) It's about taking responsibility for your actions without getting stuck in a cycle of guilt and shame.

(S-1) So, it's kind of like giving yourself permission to mess up.

(S-2) Yeah. We're all works in progress,

(S-1) Right.

(S-2) True growth comes from self-compassion.

(S-1) And then he introduces another really powerful practice, gratitude.

(S-2) Ah, yes, gratitude.

(S-1) I love this one.

(S-2) It's so simple yet so profound.

(S-1) It is. I find that whenever I intentionally focus on what I'm grateful for, even on those days where everything seems to be going wrong,

(S-2) Mhm.

(S-1) it really helps to shift my perspective.

(S-2) It's amazing how powerful it can be.

(S-1) It is.

(S-2) And the father encourages An to make it a daily habit,

(S-1) to write down at least one thing she's grateful for each day.

(S-2) And it could be anything,

(S-1) Right.

(S-2) It doesn't have to be something big or monumental. It could be a sunny day, a good cup of coffee, you know,

(S-1) Right.

(S-2) A kind word from a stranger,

(S-1) just those little moments.

(S-2) Exactly. It's about training your mind to notice and appreciate the good things

(S-1) even amidst the challenges.

(S-2) Yeah. And research has actually shown that practicing gratitude can rewire our brains.

(S-1) Really?

(S-2) Yeah. It can increase levels of happiness, resilience, and overall well-being.

(S-1) That's amazing.

(S-2) It is.

(S-1) So alongside gratitude, he also emphasizes the importance of taking care of your physical health.

(S-2) Oh yes. Through exercise.

(S-1) Yeah.

(S-2) You know, finding a form of movement that you enjoy,

(S-1) Right.

(S-2) and making it a regular part of your routine.

(S-1) And he actually highlights the connection between physical activity and mental clarity.

(S-2) Yeah. It's like that saying, a healthy mind and a healthy body,

(S-1) Right.

(S-2) Exercise releases endorphins, which have mood boosting effects. It can help reduce stress, improve sleep,

(S-1) and it have to be super intense either, right?

(S-2) No, not at all. Even a brisk walk or some gentle stretching can make a big difference.

(S-1) So, you don't have to run a marathon.

(S-2) No, no marathon required.

(S-1) Okay, good.

(S-2) Just move your body in a way that feels good for you.

(S-1) I like that.

(S-2) Yeah.

(S-1) And finally, he reminds An, and I think this is a really important message for all of us, that it's okay to ask for help when you're struggling.

(S-2) Yes. You don't have to go through this alone.

(S-1) There's no shame in reaching out for support.

(S-2) Exactly. And he encourages An to talk to trusted adults, you know, parents, teachers, mentors, anyone who can offer guidance and support.

(S-1) It's like he's reinforcing that idea of vulnerability is a strength.

(S-2) Exactly. We're social creatures. We're meant to connect with each other.

(S-1) And leaning on others when we need help is not a weakness.

(S-2) It's a sign of self-awareness and resilience.

(S-1) So, we've covered a lot of ground here.

(S-2) We have.

(S-1) And we're going to dive even deeper into some of these ideas in the next part of this deep dive.

(S-2) I can't wait.

(S-1) You know, it's really striking how the dad combines all those practical techniques with those like big ideas about resilience and self-discovery.

(S-2) Yeah. It's like he's giving them this roadmap,

(S-1) Right. Not just to get through the tough times, but to actually like grow from them.

(S-2) Exactly. And what really resonates with me is that he's not just telling them what to do,

(S-1) Right.

(S-2) He's modeling it for them.

(S-1) Yes, he is.

(S-2) You know, he's being vulnerable. He's showing them that it's okay to not have all the answers, to make mistakes, and to ask for help.

(S-1) And that's a really powerful lesson. And Especially for young people.

(S-2) It is.

(S-1) And it it actually brings me to something I noticed throughout the letter.

(S-2) Okay.

(S-1) He never actually defines trauma.

(S-2) That's true. He leaves it open to interpretation.

(S-1) Yeah. And I think that's really smart.

(S-2) It is.

(S-1) Because it lets each person like decide what trauma means for them,

(S-2) Right. Because trauma isn't always about these huge catastrophic events. Sometimes it's those smaller, more subtle things,

(S-1) the everyday stuff.

(S-2) Yeah. The microaggressions, the moments of feeling invisible or misunderstood.

(S-1) And I think that's important to acknowledge,

(S-2) It is.

(S-1) because everyone's experience is valid.

(S-2) Exactly.

(S-1) And by leaving it open-ended, I think he's also suggesting that there's no onesize fits-all approach to healing.

(S-2) Right.

(S-1) Like what works for one person might not work for someone else.

(S-2) It's about finding the tools and practices that resonate with you.

(S-1) So for you listening right now,

(S-2) Yeah.

(S-1) what are some of the traumas big or small that you might be carrying with you?

(S-2) It could be anything really.

(S-1) Yeah.

(S-2) A childhood memory, a difficult relationship, a career setback, or even just, you know, the daily grind,

(S-1) the stress of life.

(S-2) Exactly. All of that can take a toll.

(S-1) And the dad's letter reminds us that we don't have to just suffer through it.

(S-2) There are things we can do.

(S-1) Yes, there are

(S-2) practices we can cultivate, people we can reach out to for support.

(S-1) And I think what's really empowering is that healing is not something that just happens to you,

(S-2) Right.

(S-1) It's an act of choice.

(S-2) It's a commitment to taking care of yourself.

(S-1) So, as we wrap up this deep dive, I want to leave you with this question.

(S-2) Okay.

(S-1) What's one small step you can take today to start applying some of these ideas to your own life?

(S-2) Maybe it's 5 minutes of deep breathing.

(S-1) Yeah.

(S-2) Or calling a friend, journaling, writing down something you're grateful for.

(S-1) You know, whatever feels right for you.

(S-2) It doesn't have to be a huge thing. Just a small step in the right direction

(S-1) because healing is a journey,

(S-2) not a destination.

(S-1) And you don't have to do it alone.

(S-2) That's so important to remember.

(S-1) Well, that's all the time we have for today.

(S-2) Wow, that went by, fast.

(S-1) I know, right?

(S-2) But it was a great conversation.



(S-1) It was. Thank you for joining us on this deep dive.

(S-2) Yes. Thank you for listening.

(S-1) We hope you found it insightful and maybe even a little bit inspiring.

(S-2) And we'll see you next time for another deep dive.

(S-1) Until then, take care.

(S-2) Bye.

End.

Mp3: The Power Of Transforming Trauma Into Healing

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# The Power Of Transforming Loss Into Appreciation

(S-1) So today we're um we're taking a bit of a different approach with our deep dive.

(S-2) Oh.

(S-1) Yeah. We're going to be looking at this. Well, it's a letter actually. It's from a father to his two kids, Lac and An.

(S-2) Interesting.

(S-1) Lack is 20 and An is 15.

(S-2) Got it.

(S-1) And the uh the topic is well, it's about turning loss into appreciation.

(S-2) Loss into appreciation.

(S-1) Yeah. Have you ever thought about that? Like what if instead of looking at loss as like the end?

(S-2) Yeah.

(S-1) What if it was the beginning of something.

(S-2) That's a really I mean I think most of us kind of naturally shy away from loss, you know,

(S-1) Right.

(S-2) But I like this idea that maybe it's actually a key to like finding something more.

(S-1) And he uses this analogy of a river.

(S-2) Oh.

(S-1) So he's talking about, you know, how it starts out as this little stream and it's all muddy, you know, and it runs into all these obstacles, like rocks and and dry spells and, you know,

(S-2) Oh, yeah.

(S-1) all kinds of stuff.

(S-2) I can see that.

(S-1) And so I mean that that image of the muddy water, it really makes me think about those times in life when we feel lost.

(S-2) Yeah. You know, or just confused.

(S-1) Yeah. Or like we're just struggling to stay afloat literally.

(S-2) Mhm.

(S-1) But then he goes on to say that it's actually those obstacles that shape the river.

(S-2) Oh, interesting.

(S-1) And make it stronger. And that and that by pushing through the tough parts, the water actually gets purified.

(S-2) So that I mean that purification process.

(S-1) Yeah.

(S-2) That sounds a lot like resilience, doesn't it?

(S-1) Yeah.

(S-2) It's not about avoiding the hardship, but it's about learning to navigate it.

(S-1) Yeah.

(S-2) And even to grow from it.

(S-1) So, it's not just like, you know, grin and bear. There's like a process to this.

(S-2) Yeah. There's a real process. And actually, you know, psychologists, they call this post-traumatic growth.

(S-1) Oh, wow.

(S-2) And there are actually studies that show that it can lead to like increased self-awareness, stronger relationships.

(S-1) Really?

(S-2) Yeah. And even a greater sense of meaning in life.

(S-1) Okay. So, this dad, he talks about failure not as the opposite of success, but as a part of the journey.

(S-2) Yeah.

(S-1) And he uses this example of like a master artist, you know, like you don't just become a master overnight.

(S-2) Right.

(S-1) Right. There are all those sketches, paintings that go wrong.

(S-2) Exactly. So, what if

(S-1) what if those so-called failures are actually the most valuable lessons?

(S-2) Oh, that's interesting.

(S-1) Like, I remember this one time I totally bombed this presentation at work.

(S-2) Oh, no.

(S-1) And I thought it was like the end of the world, you know,

(S-2) but it wasn't the end.

(S-1) It wasn't the end.

(S-2) No,

(S-1) It actually um It forced me to kind of like rethink my whole approach and get better at public speaking.

(S-2) So, it was kind of a blessing in disguise.

(S-1) It really was.

(S-2) Yeah.

(S-1) Yeah.

(S-2) And you know, it's like our culture, we're always pushing this idea of winning at all costs, but maybe the real win is like learning from those stumbles and building that resilience,

(S-1) Right.

(S-2) This dad, he actually tells Lac something similar.

(S-1) Oh, really?

(S-2) Yeah. He says, "True growth isn't constant win. It's about accepting failures, understanding them, and using them to move forward.

(S-1) So, he's not just talking in the abstract here. He's actually giving like concrete advice.

(S-2) Yeah. And he gets really specific with both of his kids.

(S-1) Oh, okay.

(S-2) Like with Lac, who's 20 and trying to figure out life after high school. He emphasizes that accepting loss is just part of growing up.

(S-1) Yeah.

(S-2) It's just part of it.

(S-1) He even says like to find appreciation in those simple things.

(S-2) Oh, absolutely.

(S-1) Like having dinner with your family.

(S-2) Yeah, those little moments we often overlook.

(S-1) Yeah, for sure.

(S-2) And he really pushes Lac to focus on problem solving, not blessing others. It's about taking ownership

and asking what can I learn from this, not whose fault is this?

(S-1) I love that.

(S-2) It's a really good point.

(S-1) And then he also gets into self-care, too.

(S-2) Oh, yeah.

(S-1) He tells Lac to make time for things that bring him joy, like reading or listening to music, or being in nature.

(S-2) It's about recognizing that, you know, taking care of yourself mentally and physically,

(S-1) Right.

(S-2) That's really important for building resilience.

(S-1) Yeah.

(S-1) And there are, you know, there are actually evidence-based techniques that you can use.

(S-1) Oh, really?

(S-2) Yeah. Like um cognitive reframing where you actively challenge negative thoughts and try to look for more positive interpretations.

(S-1) So, you're like training your brain to look for the good.

(S-2) Exactly.

(S-1) Even when things are rough.

(S-2) Yeah.

(S-1) That's pretty cool.

(S-2) It is. It is.

(S-1) And then uh he talks about gratitude.

(S-2) Oh, gratitude. That's a big one.

(S-1) Yeah. He says to like take time each day to reflect on what you're thankful for.

(S-2) That's so important.

(S-1) Which, you know, when you're in a funk.

(S-2) Yeah.

(S-1) That's probably the last thing you want to think about.

(S-2) Exactly. Exactly.

(S-1) But he's saying to like make it a habit.

(S-2) Yeah.

(S-1) Even if it feels forced at first,

(S-2) it's all about shifting your focus,

(S-1) Right.

(S-2) from what you lack to what you have.

(S-1) Yeah.

(S-2) And you know, research has actually shown that practicing gratitude food regularly can boost your mood.



Seriously?

(S-1) Yeah.

(S-2) Wow.

(S-1) It can improve your sleep.

(S-2) Oh, wow.

(S-1) And even strengthen your immune system.

(S-2) Okay, now I'm really listening.

(S-1) Good. Good.

(S-2) So, then he takes it even further.

(S-1) He does.

(S-2) He suggests that uh Lac should find ways to share the good stuff with others.

(S-1) Oh, that's interesting.

(S-2) Like volunteering or helping a friend in need.

(S-1) So, by giving back to others,

(S-2) Yeah.

(S-1) we're also cultivating a deeper sense of appreciation in ourselves.

(S-2) That's amazing.

(S-1) It's kind of like it creates this cycle of positivity.

(S-2) Oh, I like that.

(S-1) Yeah.

(S-2) Yeah.

(S-1) It's a beautiful thing.

(S-2) Yeah.

(S-1) But with An, his daughter who is 15, he kind of shifts gears a little bit, you know?

(S-2) Yeah. Cuz adolescence, it's a whole other

(S-1) a whole other roller coaster.

(S-2) It's like your whole world is changing,

(S-1) Right.

(S-2) And not always in ways you understand.

(S-1) Exactly. And he tells An like embrace those changes, even the uncomfortable ones.

(S-2) Okay.

(S-1) Like if she's feeling misunderstood by her friends.

(S-2) Oh. Which is so common at that age.

(S-1) All the time.

(S-2) He suggests, you know, see it as a chance to understand yourself better.

(S-1) Interesting.

(S-2) Maybe even a chance to like get better at communicating your feelings.

(S-1) So instead of feeling like a victim, you can actually use it as fuel for personal growth.

(S-2) Yeah, exactly.

(S-1) That's pretty empowering.

(S-2) It is. And he also encourages her to discover her own interests. You know, the things that light her up.

(S-1) Like what?

(S-2) Could be anything. Art, music, sports, whatever makes her feel alive.

(S-1) Yeah. It's like he's saying don't just follow the crowd. Figure out who you are.

(S-2) Exactly.

(S-1) What makes you tick?

(S-2) Especially at that age when everybody's trying to fit in. Totally. And he touches on self-confidence, too.

(S-1) Oh, which can be a real struggle for teenagers.

(S-2) Oh, absolutely.

(S-1) Yeah.

(S-2) And he suggests something so simple.

(S-1) What's that?

(S-2) But powerful. Focus on your accomplishments, no matter how small they are.

(S-1) So, like keep a journal or something.

(S-2) Yeah. Like write down your wins each day.

(S-1) That's a really cool idea cuz it's so easy. get bogged down in the stuff we're not good at.

(S-2) Right. But this forces you to acknowledge your progress.

(S-1) And this ties back to the whole turning loss into appreciation thing, doesn't it?

(S-2) It does.

(S-1) Yeah.

(S-2) By celebrating those achievements, we're shifting our focus from what we might have lost or haven't achieved yet to what we have accomplished, what we are capable of.

(S-1) That's powerful stuff.

(S-2) It is.

(S-1) Now, this dad, he doesn't shy away from the tough topics either.

(S-2) No, he doesn't.

(S-1) He talk to An out about loneliness.

(S-2) Loneliness. Yeah.

(S-1) Which, let's face it, a lot of teenagers deal with that.

(S-2) Yeah. And he doesn't sugarcoat it.

(S-1) Okay.

(S-2) He acknowledges that it's uncomfortable.

(S-1) Uhhuh.

(S-2) Because it often brings up stuff we might be trying to avoid.

(S-1) Oh, like what?

(S-2) Like painful memories or unresolved issues.

(S-1) Okay. So then what does he say to do about it?

(S-2) Well, he tells her to face it head on.

(S-1) Really?

(S-2) Yeah. Like use it as an opportunity.

(S-1) Wow. Okay.

(S-2) He suggests journaling as a way to, you know, process those emotions,

(S-1) Right.

(S-2) And maybe even find solutions.

(S-1) So, use that alone time to get to know yourself better.

(S-2) Exactly.

(S-1) Figure out what you need.

(S-2) And there's actually a type of therapy

(S-1) Oh, really?

(S-2) called acceptance and commitment therapy.

(S-1) Never heard of that.

(S-2) Yeah. And it emphasizes like learning to accept those uncomfortable feelings instead of fighting them.

(S-1) That's interesting.

(S-2) It can be surprisingly effective.

(S-1) So, it's not about pretending to be happy all the time.

(S-2) No.

(S-1) It's about acknowledging all those emotions,

(S-2) the full spectrum.

(S-1) Yeah.

(S-2) Yeah.

(S-1) He also tells An to respect her emotions, to not bottle them up.

(S-2) Right.

(S-1) If she's feeling down or misunderstood, talk to somebody.

(S-2) Exactly. Someone you trust.

(S-1) That's so important.

(S-2) It is.

(S-1) Especially at that age to feel like your feelings matter.

(S-2) and that you're not alone.

(S-1) Yeah. It kind of goes against that whole toughen up message.

(S-2) Yeah. Which is not helpful.

(S-1) No, not at all.

(S-2) So, he also brings up this idea of sharing positive things with others.

(S-1) Oh, right. Like you talked about with Lac too.

(S-2) Exactly. Whether it's complimenting a friend or volunteering,

(S-1) Right.

(S-2) those acts of generosity can actually boost your own mood.

(S-1) It's that cycle again.

(S-2) It is. Giving back helps others. A&D makes us feel better.

(S-1) I love that.

(S-2) It's pretty amazing.

(S-1) And then he circles back to gratitude.

(S-2) Gratitude

(S-1) like he did with Lac.

(S-2) Yep. Yeah.

(S-1) He tells An to find things she's thankful for each day.

(S-2) Every day.

(S-1) Even small things.

(S-2) Yeah. It's so easy to take things for granted.

(S-1) Especially when you're young, but if you make it a habit to notice the good.

(S-2) Yeah.

(S-1) It can really change your outlook.

(S-2) Absolutely. And what's interesting is gratitude isn't just this feel good practice.

(S-1) Really?

(S-2) There's actual neuroscience behind it.

(S-1) Get out.

(S-2) Yeah. When you focus on positive things, your brain releases dopamine and serotonin.

(S-1) Oh, wow.

(S-2) Which are those feelgood chemicals. So, it literally rewires your brain for happiness.

(S-1) So, it's not just some fluffy self-help idea. It's backed by science.

(S-2) It is.

(S-1) This dad is on to something.

(S-2) He really is.



(S-1) So he wraps things up by reminding both his kids that like building new habits takes time.

(S-2) Yeah.

(S-1) You know, it takes effort.

(S-2) It's not a quick fix.

(S-1) That's where I usually fall short.

(S-2) How so?

(S-1) I get all excited about a new idea, but then life gets in the way,

(S-2) Right.

(S-1) and I lose momentum.

(S-2) But he encourages them to be patient with themselves.

(S-1) Okay.

(S-2) He says, you know, personal growth is an ongoing journey, not a destination.

(S-1) So it's not about being perfect. It's about progress.

(S-2) Exactly.

(S-1) Even if it's just one small step at a time.

(S-2) One step at a time. That's actually really encouraging.

(S-1) Yeah.

(S-2) What really strikes me is that, you know, he doesn't present these ideas as like a rigid set of rules. You know what I mean?

(S-1) I know exactly what you mean.

(S-2) He's emphasizing that it's about making a choice.

(S-1) Yeah. And that's such a key point.

(S-2) Yeah.

(S-1) We can't always control like the things that life throws at us, but we can choose how we respond to them.

(S-2) That's very true.

(S-1) And I think this letter really highlights that power of choice. Yeah. It's not about pretending that like loss doesn't hurt,

(S-2) Right.

(S-1) Or that everything happens for a reason.

(S-2) Exactly.

(S-1) It's about acknowledging the pain.

(S-2) Yeah.

(S-1) And then choosing to look for the lessons

(S-2) and the opportunities for growth,

(S-1) Right. Like reframing the narrative.

(S-2) Exactly.

(S-1) Shifting from like why me to what can I learn from this?

(S-2) And sometimes what we learn is totally unexpected.

(S-1) Yeah.

(S-2) Even beautiful.

(S-1) It's like he's giving his kids, and us like toolkit for life, you know.

(S-2) I love that. A toolkit.

(S-1) These aren't just like feel-good platitudes. They're

(S-2) Yeah.

(S-1) practical strategies for dealing with the tough stuff.

(S-2) And what's interesting is a lot of this stuff is actually backed by research.

(S-1) Oh, really?

(S-2) Yeah. Like um

(S-1) give me an example.

(S-2) Well, studies on resilience have shown that people who can find meaning in adversity,

(S-1) Okay.

(S-2) they actually tend to cope better with stress and trauma.

(S-1) Wow. So, it's not just about like willpower or positive thinking.

(S-2) Yes, real science behind it.

(S-1) This dad was really on to something.

(S-2) He was ahead of his time.

(S-1) And it's a good reminder that these principles, they apply to everyone.

(S-2) Absolutely.

(S-1) No matter what age you are,

(S-2) doesn't matter

(S-1) or what your circumstances are.

(S-2) It's universal.

(S-1) Whether you're dealing with like a job loss, or a relationship ending or just like the everyday stress of life.

(S-2) Yeah, we all face challenges.

(S-1) These tools can really help you navigate those challenges.

(S-2) I come out stronger on the other side.

(S-1) I know. I'm walking away from this deep dive.

(S-2) Yeah.

(S-1) With a whole new perspective.

(S-2) Me, too. It's like a weight has been lifted.

(S-1) And I think one of the most valuable takeaways is that it's okay to not have all the answers.

(S-2) Oh, absolutely.

(S-1) It's a journey, right? They're going to be bumps along the way.

(S-2) There will be bumps for sure.

(S-1) But by embracing those bumps,

(S-2) Yeah.

(S-1) choosing to see them as opportunities for growth.

(S-2) It's a choice.

(S-1) We can transform even the most difficult experiences into something meaningful.

(S-2) And I think that makes us appreciate life even more.

(S-1) That's so true.

(S-2) It's a powerful leg to leave, isn't it?

(S-1) It really is.

(S-2) To empower others to find hope and resilience.

(S-1) Yeah.

(S-2) In the face of adversity.

(S-1) This whole conversation has really got me thinking.

(S-2) Oh, yeah.

(S-1) About what?

(S-2) Like if you were writing a letter to your younger self.

(S-1) Mhm.

(S-2) What advice would you give?

(S-1) Oh, that's a good one.

(S-2) About dealing with loss and finding appreciation.

(S-1) You know, I think I would tell my younger self to be kinder to myself and to um to not be afraid to ask for help.

(S-2) That's good advice.

(S-1) And to remember that even the darkest nights are followed by dawn.

(S-2) That's beautiful.

(S-1) Thank you.

(S-2) I think I would tell my younger self to embrace the journey.

(S-1) The whole journey.

(S-2) Yeah. The ups and the downs.

(S-1) Yeah.

(S-2) And to remember that even in loss, there is always something to be grateful for.

(S-1) That's a great point to end on.

(S-2) Yeah. Well, that's all the time we have for today's deep dive.

(S-1) It was a good one.

(S-2) Yeah. Thanks for joining us and we'll see you next time.

End.

Mp3: The Power Of Transforming Loss Into Appreciation

<https://moingaymotchuyen.com/Loss-Appreciation>

# The Transformative Power From Betrayal To Forgiveness

(S-2) Welcome to today's deep dive. We're going to be exploring forgiveness. Really kind of diving into its power.

(S-1) Yeah.

(S-2) And as a source for this exploration, we have a letter. Uh it's from a father to his two children, Lac and An.

(S-1) Okay.

(S-2) And Lac is 20 years old and at university and An is 15. So navigating high school.

(S-1) Right.

(S-2) So we're really kind of looking at two very different uh points in life.

(S-1) Yeah. Yeah.

(S-2) And this letter is really interesting because it's not, you know, sometimes you see these very polished kind of self-help guides. This is really raw and honest. It's almost like we're eavesdropping on a very personal conversation,

(S-1) Right.

(S-2) And getting this glimpse into how he's trying to prepare his children for the real world.



(S-1) What's captivating about this letter to me is it's raw honesty. It doesn't feel like uh like a self-help guide. It feels like we're getting a glimpse into how he's um preparing his children for the world.

(S-2) Yeah, exactly. And what I think is so powerful is he uses this uh really great metaphor of betrayal being like a heavy poor. Have you ever had that feeling of just being like drenched and chilled to the bone?

(S-1) Yeah.

(S-2) He acknowledges that betrayal can feel like that. But then he kind of goes on to offer ways to calm the rain and ultimately to find the light again.

(S-1) That rain analogy is so brilliant.

(S-2) Yeah.

(S-1) Because it normalizes the feeling of betrayal. You know, uh rain is a part of life. Like betrayal is a part of life. We don't try to stop the rain. We learn how to adapt. And the father's suggesting that we can do the same thing with betrayal. Develop those uh the the resilience to weather those storms and emerge even stronger.

(S-2) He doesn't shy away from the pain of it though. You know, he acknowledges that it can really feel like a tidal wave washing away your sense of peace,

(S-1) Right.

(S-2) But he makes this uh this really crucial point that forgiveness is not weakness, but he actually positions it

as a true source of strength.

(S-1) It makes you think. Yeah. Um and what's interesting here is how he defines forgiveness. He's not saying condone the actions of someone who hurt you, but it's more about making the conscious choice to release yourself from the baggage, that heavy baggage of anger and resentment.

(S-2) Okay, let's unpack that a bit because he seems to tailor his advice to each child based on what they're going through.

(S-1) Right.

(S-2) So for Lac who is facing those academic pressures of university life, the father emphasizes the importance of seeing setbacks, even betrayals, as opportunities for growth.

(S-1) Yeah. Yeah.

(S-2) I mean, what do you think about that?

(S-1) I think that's the heart of what uh psychologists call a growth mindset. So imagine you're probably facing exams, deadlines, competition from classmates. And the father's saying, instead of getting bogged down by what feels like failure, ask yourself, what can I learn from this? How can I use this to grow?

(S-2) So, it's about shifting your perspective. Instead of dwelling on who's to blame, focus on how you can move forward.

(S-1) Exactly. And this idea can be applied to not only betrayals from others, but also to situations where we might feel like we've betrayed ourselves.

(S-2) Okay.

(S-1) You know, maybe Lac didn't do as well as hoped on an exam instead of beating himself up he can ask you know what adjustments can I make how can I approach this differently next time.

(S-2) He really highlights the power of self forgiveness too you know that feeling we all get sometimes like oh I messed up I'm not good enough.

(S-1) Yeah.

(S-2) The father's reminding Lac that these perceived failures are not the end stepping stones,

(S-1) and that's where forgiveness both of yourself and others becomes crucial it's a tool that allows us to move forward with more clarity and a sense of purpose

(S-2) now shifting gear to An who's right in the middle of adolescence. The father really focuses on self-acceptance.

(S-1) Yeah.

(S-2) And finding healthy ways to process all those big intense emotions teenagers experience.

(S-1) Mhm. This is where the concept of emotional intelligence comes into play. Essentially, the ability to recognize, understand, and manage your emotions

effectively. Think about the roller coaster of emotions a teenager like An might be going through. You know, the father's giving her tools to navigate those ups and downs.

(S-2) So, instead of suppressing those feelings, it's about learning to ride wave.

(S-1) Exactly. He's equipping her with the skills to identify what she's feeling, understand why she's feeling it, and learn healthy ways to express those emotions. So, it's about developing a sense of self-awareness and emotional regulation.

(S-2) Right.

(S-1) This is important not just for teenagers, but for all of us.

(S-2) Absolutely. He then lays out some really practical advice for both of them. Um, and honestly, this is advice I think we could all benefit from. It's about starting by recognizing and accepting your emotions. Don't try to bury them.

(S-1) It's like acknowledging that the rain is there, instead of pretending it's not and ending up soaking wet. From there, um, the father encourages focusing on self forgiveness.

(S-2) Okay.

(S-1) You know, everyone makes mistakes like it's part of being human.

(S-2) And this ties back to what we were talking about

earlier with Lac. It seems like the father is laying the groundwork for them to not only forgive others, but also to forgive themselves.

(S-1) Absolutely. He's emphasizing that holding on to guilt and self-lame. It doesn't serve anyone. Instead, he suggests finding inner peace through things like meditation or spending time in nature. You know, creating that space for reflection and processing those emotions.

(S-2) I love that. This father is full of great advice. He even suggests uh you know, trying to see other people through a more generous understanding lens like remembering that everyone is fighting their own battles and that hurtful actions sometimes stem from their own pain.

(S-1) It's a beautiful call for empathy and it can be such a gamechanger when it comes to forgiveness, it's a reminder that there's always more to the story than meets the eye,

(S-2) Right.

(S-1) And when we can tap into that empathy, forgiveness starts to feel less like a burden and more like a compassionate choice.

(S-2) He also encourages both Lac and An to set goals for personal growth, viewing challenges as opportunities to learn. Again, it ties back to that growth mindset we were discussing earlier,

(S-1) Right. And that leads us to another crucial point

the father brings up, the power of gratitude. Taking time each day to really appreciate the good things in your life can be a powerful antidote to resentment and anger.

(S-2) It's like shifting your focus from what's wrong to what's right.

(S-1) Exactly. I think it's important to note that the father isn't just throwing out advice. He's really trying to uh guide his children with the wisdom he's gathered throughout his own life.

(S-2) Yeah.

(S-1) It feels like he's trying to help them avoid some of the pain he may have experienced.

(S-2) It's like he's saying, "Hey, I've been there. I know how much this hurts, and I want to give you the tools to navigate it with more grace and resilience.

(S-1) And what's so inspiring is that he doesn't sugarcoat things. He acknowledges that betrayal is painful.

(S-2) Yeah.

(S-1) But he also empowers his children with the tools to transform that pain into something positive. He even directly addresses the fear of being hurt again.

(S-2) Oh yes. Remember when he tells Lac, "Don't fear betrayal." It's as if he knows that his son might hesitate to forgive because he's afraid of getting hurt again.

(S-1) And his response is so insightful. He reminds Lac that betrayal, unfortunately, is often a part of growing up.

But the ability to forgive is a vital step toward becoming a stronger, wiser person.

(S-2) He's basically saying that forgiveness isn't about becoming more vulnerable. It's about reclaiming your power. You refuse to let the actions of others determine your happiness and well-being.

(S-1) Yeah, it's a profound shift in perspective. We're so used to viewing forgiveness as a sign of weakness, but he reframes it as an act of strength, a conscious choice to break free from that cycle of pain.

(S-2) Now, another point that stood out to me was how he encourages both Lac and An to develop a deeper understanding of themselves and others. He urges Lac to see others through generous eyes, recognizing that their actions often come from their own struggles.

(S-1) Isn't that a powerful call for empathy? It's a reminder that we are all interconnected. Understanding the context of someone's actions can make it much easier to forgive.

(S-2) For An, he stresses the importance of self-acceptance, embracing her flaws and all. It's about recognizing her inherent worth even when she feels insecure or let down. by others.

(S-1) Self-acceptance is absolutely essential for forgiveness. If we're constantly battering ourselves, holding on to shame and self-criticism, it becomes that much harder to forgive others.

(S-2) It's like he's telling them that true forgiveness starts from within. You have to learn to forgive yourself before you can authentically forgive others.

(S-1) Precisely. And he gives them specific advice on how to do this. He encourages An to find healthy ways to release her emotions, whether it's through writing, art, or talking. into someone she trusts.

(S-2) He also advises her to take time to calm down when she's feeling overwhelmed by those big emotions, to create a space for reflection before reacting impulsively.

(S-1) And then he offers another great piece of advice to try to put herself in the other person's shoes. This perspective taking can be so transformative. It allows you to see the situation from a different angle and can often lead to greater understanding and compassion.

(S-2) It's all about recognizing the humanity in others even when they've hurt us.

(S-1) Exactly. And ultimately, it's about choosing to respond to betrayal with wisdom and grace instead of getting swept away by anger and resentment.

(S-2) Something else that really struck me was the father's emphasis on creating space for forgiveness in your everyday life. It's not a one-time thing. It's an ongoing practice.

(S-1) Like uh he suggests that take a few minutes like right before bed each night to think about anyone who



might have hurt her that day and to try and see things from their point of view. And to work toward forgiveness.

(S-2) It's like a form of emotional hygiene, you know, just like we look after our physical well-being and we need to take care of our emotional well-being, too. And part of that is letting go of anger and resentment.

(S-1) And the father beautifully describes forgiveness as um as a gift you give yourself.

(S-2) Yeah.

(S-1) It's a way to uh to free your heart and mind from the weight of the past.

(S-2) And he reminds them, you know, growing up isn't always easy. There will be bumps along the way, but uh but by embracing forgiveness, every step will feel lighter.

(S-1) It's such a powerful image. Forgiveness isn't about saying hurtful actions are okay. It's about choosing to move on with a lighter heart. You carry the lessons with you, but not the burden.

(S-2) He acknowledges that forgiveness takes time and patience and practice. But he believes it's a journey worth taking because the rewards are so great.

(S-1) Absolutely. To finish, he expresses complete faith in his children's ability uh to deal with life's challenges and find lasting peace and happiness. It's a message filled with hope and encouragement, reminding them they have strength to get through even the toughest of times.

(S-2) I think what I found particularly insightful was how the father puts betrayal and forgiveness into a broader context. He's not just talking about relationships between people. You know, he's almost implying that this wisdom can be applied to all sorts of life experiences.

(S-1) Yes, exactly. He seems to be saying that we can feel betrayed not just by other people but by situations, by institutions, or even by ourselves.

(S-2) And that's such an important point because it takes forgiveness beyond just our personal relationships.

(S-1) It encourages us to think about how we might apply these same principles of forgiveness to times when we've felt let down by the system, by events, or even by our own choices.

(S-2) It reminds us that forgiveness has a much wider reach than just our immediate circle.

(S-1) And that's what makes uh the father's message so relevant today. You know, in a world that can feel very divided where there's so much conflict and disappointment, being able to forgive ourselves, others, even circumstances becomes a powerful tool for healing, growth, growth and ultimately creating a more compassionate and just world.

(S-2) So, as we kind of wrap up here, what can we the listeners take away from this even if we don't have a wise father fixer writing us heartfelt letters?

(S-1) Well, the beauty of this letter is that it gives us a framework for understanding and practicing forgiveness.

(S-2) Yeah.

(S-1) That we can each adapt to our own unique situations,

(S-2) Right.

(S-1) You know, he gives us practical tools like taking time for self-reflection, practicing gratitude, and trying to see the world through a lens of generosity.

(S-2) He reminds us that forgiveness isn't about passively forgetting or excusing things. It's an act of choice, a commitment to our own well-being. And ultimately, it's a powerful force for positive change.

(S-1) Yeah. It's about recognizing that holding on to anger and resentment, it hurts us more than anyone else. It keeps us stuck in the past and prevents us from moving forward with clarity and purpose.

(S-2) The father's message is a call to reclaim our power, to choose forgiveness as a path to freedom, both for ourselves and for those who may have wronged us.

(S-1) It's a reminder that even when faced with betrayal, hurt, and disappointment, we always have the capacity to choose a different path. A path that leads to healing, growth, and a deeper understanding of ourselves and the world around us.

(S-2) What a powerful legacy to leave behind, to

demonstrate through our own actions that forgiveness isn't weak. It's a testament to our strength, our resilience, and our unwavering belief in the power of human connection.

(S-1) Think about the father's words as you go about your day. Consider where forgiveness might be needed in your life. Maybe it's a past hurt you're still carrying, a grudge you haven't let go of, or even a situation where you need to forgive yourself.

(S-2) Remember, forgiveness is a journey, not a destination. Start small. Be patient with yourself.

(S-1) And know that even the smallest acts of forgiveness can create ripples of positive change within us and in the world around us.

(S-2) Thank you for joining us on this deep dive into the transformative power of forgiveness. We hope you found it insightful, inspiring, and maybe even a little thoughtprovoking.

(S-1) Remember, forgiveness is a gift. It's a way to free yourself from the past and embrace a brighter future.

End.

Mp3: The Transformative Power From Betrayal To Forgiveness

<https://moingaymotchuyen.com/Betrayal-Forgiveness>

# The Power Of Transforming Helplessness Into Motivation

(S-1) Welcome back everyone. Today we're going deep on something really fascinating. It's a letter from a father to his two kids, Lac and An. And uh it's all about how to take those moments when you feel totally helpless and actually like flip that script and find the motivation to move forward.

(S-2) You know what really grabs me about this letter is that it's not just some vague pep talk. This dad gets down to the nitty-gritty addressing his children's individual struggles, but then somehow connects those to these like like universal truths we all face.

(S-1) It's true. Lac, the son, he's in college, right? And he's hit with those classic college pressures exams, trying to figure out a career, that whole what am I doing with my life thing. And then there's An, the daughter, dealing with all the craziness of being a teenager.

(S-2) Yeah. It's like we're getting this front row seat to like developmental psychology in action. We see how these two individuals at such different points in their lives are both wrestling with those same feelings of helplessness.

(S-1) Totally. And the way this father tackles it, it's so interesting. He starts off by acknowledging that yeah, difficulties are going to happen, but it's how we choose to respond that really matters.

(S-2) He's basically setting them up with a growth mindset, right? Where every obstacle becomes this opportunity to learn and grow, not some like insurmountable wall.

(S-1) And then he brings in this awesome metaphor like comparing us to a bamboo tree. It bends in the wind, but it doesn't break, you know? It's about being flexible, being resilient.

(S-2) Such a powerful image. It speaks to that inner strength we all have, even when we don't realize it.

(S-1) So, okay, let's dig into some of the specifics of this dad's advice, starting with Lac, the college student. He's obviously feeling the pressure to succeed, but there's also this like self-doubt creeping in, and he's unsure about his future. What's the dad's take on all that?

(S-2) Well, right off the bat, the father stresses that failure isn't the end of the world. In fact, he encourages lack to see those failures as chances to learn and do better next time.

(S-1) So, not about being perfect, but about actually using those screw-ups to like figure out how to improve. prove.

(S-2) Exactly. And you know there's this whole field of research now on grit, and it shows that this ability to bounce back from setbacks is one of the biggest predictors of success.

(S-1) So basically you got to have that fire in you that drive to keep pushing even when you're like uh this is hard.

(S-2) Yep. And the father also talks about the importance of patience. He tells Lac like straight up things take time. You're not going to achieve everything overnight. You got to put in the work, trust the process. and be okay with those ups and downs along the way.

(S-1) He even tells him to relax and think calmly. It's almost like he knows Lac is going to freak out and he's saying, "Hey, take a breath, man."

(S-2) And that's so crucial, right? When we're panicking and impatient, we can't make good decisions. It's like trying to put together IKEA furniture when you're already stressed out.

(S-1) Oh, I feel that. Speaking of stress, the dad also gives some really practical tips for dealing with that whole feeling of being overwhelmed. He suggests setting like small doable goals, breaking big tasks into smaller chunks.

(S-2) And there's science behind that, too. It's called the progress principle. And it basically says that even those tiny wins can release dopamine in your brain, so you feel more motivated, more productive.

(S-1) It's like instead of climbing this giant mountain all at once, you're taking it one step at a time.

(S-2) And that makes the whole thing seem way less

impossible, less likely to make you feel helpless, for sure.

(S-1) Now, another piece of advice that really hit home for me was the father's emphasis on self-reflection. He tells Lac to really sit down and think about what he wants out of life, what his values are, how his actions are matching up with those bigger goals.

(S-2) It's all about self-awareness, which is like the foundation of emotional intelligence, understanding your own thoughts, feelings, motivations, and how they affect what you do.

(S-1) It's like taking that time to like step back and look at the bigger picture.

(S-2) Right.

(S-1) And that can be so empowering. You start making more intentional choices instead of just reacting to whatever life throws at you.

(S-2) Absolutely. And that self-reflection can also help you figure figure out where you're feeling stuck or unhappy. Which brings us to the next bit of advice from the dad. Exploring those personal interests and passions.

(S-1) He tells Lac to try participating in activities outside of academics, like sports, music, or volunteering. It's like he's saying, "Hey, remember there's more to life than just grades and getting a job. Have some fun."

(S-2) So important because when you do things you enjoy, it fuels your motivation and makes you more resilient when things get tough.



(S-1) It's like finding that hidden energy source that keeps you going

(S-2) and you might even stumble upon something you never knew you loved, some hidden talent or a new career path.

(S-1) Now, another thing the father talks about is the importance of having good relationships. He tells Lac to spend time with sincere friends who can share both joys and challenges with you.

(S-2) It's like he's highlighting the power of connection. You know, we're not meant to go through life alone. Having those people you can confide in, celebrate with, and lean on makes all the difference.

(S-1) It's like having your own personal cheer squad. And There's a ton of research showing that strong social connections are good for both your mental and physical health. So, it's not just about feeling good, it's about being healthy.

(S-2) Exactly. And get this, the dad also talks about the power of solitude, which might seem a little counterintuitive, right, when we're talking about being resilient and overcoming helplessness.

(S-1) Especially because the dad mentions that Lac sometimes struggles with being alone.

(S-2) Yeah. But what's cool is that the father doesn't frame solitude as something bad. He tells Lac to see it as a chance to discover himself, to reflect. He even says,

"Sit alone in a quiet space and take time to think about what matters most to you."

(S-1) So, it's not about isolating yourself, but about intentionally spending time alone.

(S-2) Right. It's about making space for introspection, tuning out the noise of the world and listening to that inner voice.

(S-1) And there's a lot of research now showing that solitude can boost creativity, help you understand yourself better, and even regulate your emotions.

(S-2) It's like finding that inner compass that guides you when things get rough.

(S-1) Okay, so we've covered a lot with Lac and his dad's advice. I'm already feeling inspired, but now let's switch gears and see what wisdom the father offers his teenage daughter who's facing a whole different set of hurdles.

(S-2) It's amazing how he tailors his advice to each child's specific challenges. Like Lac is dealing with anxieties about achieving, but An seems to be going through more of an identity crisis, figuring out who she is. Let's explore how the father helps her navigate those turbulent waters.

(S-1) So, we've just like unpacked all this amazing advice this dad gives to Lac who's, you know, navigating the whole college scene. Now, let's dive into what he tells An his teenage daughter.

(S-2) Oh, man. I remember those teenage years. It's like a constant emotional roller coaster.

(S-1) Yeah. Adolescence is such a time of upheaval,

(S-2) Right.

(S-1) everything's changing their bodies, their emotions, their social world. It's no wonder feelings of helplessness can pop up during this phase. For sure. And it seems like this dad totally gets it. He starts off by like acknowledging the unique pressures An's facing. He even mentions how, you know, friends, family, relationships, plus all those changes happening within herself can sometimes make her feel lost and alone.

(S-2) He's validating her experience, basically saying, "Hey, it's okay to feel this way, which can be so powerful for a teenager who might feel like no one understands them."

(S-1) Totally. Instead of brushing off her feelings, he dives right into some like concrete strategies she can use to handle all this craziness.

(S-2) And one of the first things he talk about is accepting and facing solitude. He even tells An, "Sometimes loneliness can make you feel helpless. But loneliness isn't an enemy. It's a companion that will help you discover yourself."

(S-1) Whoa. He calls loneliness a companion. That's a cool way to look at it. And you know, there's actually a lot of research now on the benefits of solitude. It can

boost creativity, help you reflect, and even like regulate your emotions.

(S-2) Exactly. And it's especially important for teenagers who are constantly bombarded with like social pressure. and expectations. Creating space for solitude can help them tune out all that noise and develop a stronger sense of self.

(S-1) Yeah. Like who am I really apart from all the labels and expectations and stuff,

(S-2) Right. And speaking of strength, the father also emphasizes how crucial it is for an to learn to love herself. He even suggests starting each day with self-praise.

(S-1) That's awesome. Especially at that age when like self-doubt and comparing yourself to others is so common.

(S-2) It's all about cultivating self-compassion. and recognizing your own inherent worth, you know, no matter what other people say or think.

(S-1) It's like replacing that negative self talk with like a positive pep talk for yourself.

(S-2) And you know what? There's actually research showing that positive self talk can improve your performance, boost your confidence, and even lower your stress levels.

(S-1) It's like be your own hype person.

(S-2) Exactly. And that's a skill that's useful throughout life, not just during the teenage years.

(S-1) Okay. Another piece of advice that this dad gives An is all about problem solving. He tells her, "When facing problems, don't let anxiety over overwhelm you. Break the problem into smaller parts and find solutions for each part."

(S-2) That's like classic problem solving 101, right? And it works for any kind of challenge, whether it's personal drama, a school project, or even like some big world issue.

(S-1) It's like that saying, how do you eat an elephant? One bite at a time.

(S-2) Huh, perfect analogy. By breaking down a huge scary problem into smaller, more manageable steps, you gain a sense of control. You start making progress, which can be so motivating

(S-1) and way less overwhelming. Way less likely to make you feel helpless.

(S-2) Exactly. It's about empowering yourself to take action instead of getting stuck in that loop of worry and inaction.

(S-1) This reminds me of the concept of locus of control. Like when you have an internal locus of control, you believe you have the power to influence your own life. But when it's external, you feel like a victim of circumstance which can lead to that feeling of

hopelessness.

(S-2) So by encouraging in to develop those problem-solving skills, the father is like helping her build that internal locus of control.

(S-1) He's setting her up for success, basically.

(S-2) Absolutely. Now, another crucial bit of advice the dad gives is about cultivating patience. He even suggests these practical exercises like counting to 10 when she feels frustrated or stressed out,

(S-1) which is basically mindfulness, right? It's about bringing your attention to the present moment and calming your mind,

(S-2) Right. And that can be incredibly helpful in regulating your emotions so you can respond to tricky situations with more calmness and clarity

(S-1) instead of just reacting impulsively. letting your emotions run wild. This makes me think of that marshmallow experiment, you know?

(S-2) Mhm.

(S-1) Where they tested kids ability to delay gratification. The kids who could resist eating the marshmallow immediately ended up having better outcomes later in life.

(S-2) Such a classic study. It shows the long-term benefits of patience and self-control.

(S-1) And those are definitely skills that can help you shift from feeling helpless to feeling more in control, more empowered.

(S-2) For sure. Now, just like he did with Lac, the father emphasizes how important it is for An to have a good support system. He reminds her that she doesn't have to go through this alone, that talking to family and close friends can give her relief, perspective, and encouragement.

(S-1) It's like having a safety net, knowing there are people who care about you and will support you through tough times.

(S-2) And it reinforces that feeling of belonging, which is so important for well-being, especially as a teenager.

(S-1) And finally, the father encourages An to set small goals and reward herself for achieving them. He even suggests things like watching a favorite movie or enjoying a nice meal as a way to celebrate her wins.

(S-2) It's about recognizing and celebrating your progress no matter how small because those small wins can actually create a positive feedback loop making you feel more motivated and confident to keep going.

(S-1) And that's where self-efficacy comes in, right? It's that belief in your ability to succeed, to reach your goals. By setting achievable goals and celebrating those wins, you're basically strengthening your self-efficacy.

(S-2) Absolutely. It's like building that muscle of believing in self and that's something we can all benefit from no matter where we are in life.

(S-1) So, we've covered a ton of ground here with the dad's advice to both Lac and An it's amazing how he addresses their specific struggles while also highlighting these universal principles of resilience, self-awareness, and growth.

(S-2) It's like he's giving them this master class in how to navigate life's inevitable ups and downs. And you know what? His advice is super relevant for all of us, whether we're facing academic pressures, the roller coaster of adolescence, or any other challenge life throws our way.

(S-1) It's a reminder that we all have the inner strength to overcome obstacles and create a life that is meaningful and fulfilling.

(S-2) It's a journey, not a destination, right? This whole process of turning helplessness into motivation. It's about growing and learning about ourselves along the way.

(S-1) And with each challenge you overcome, you become more resilient, more resourceful, and more confident in your ability to create the life you want.

(S-2) Exactly. So, as we wrap up, it's worth thinking about how this all applies to our listeners, what are some concrete steps they can take to put this wisdom into action in their own lives?



(S-1) Well, maybe a good place to start is by like thinking about what makes you feel helpless. What are those situations, thoughts, or feelings that trigger that sense of being stuck?

(S-2) Yeah. And once you like pinpoint those triggers, you can try out some of the strategies we talked about. Like maybe you messed up recently. Can you see that as a chance to learn instead of beating yourself up?

(S-1) Right. Or if you've got this big scary goal, can you break it down into smaller steps? so it feels less overwhelming.

(S-2) Yeah, maybe it's time to reach out to a friend, you know, someone you trust who can offer some support and encouragement.

(S-1) It's all about finding those things that work for you. What helps you shift out of that helpless feeling and into like a more empowered state?

(S-2) Exactly. And one thing that really stuck with me from this letter is how the father emphasizes that we all have strength within ourselves. Like we already have what we need to overcome challenges. Totally. It's like he's saying, "Hey, you're tougher than you think. Believe yourself and don't be afraid to ask for help when you need it.

(S-1) I love that. It's such a powerful message

(S-2) and a good reminder as we wrap up this deep dive. It's been so insightful to explore this father's advice, and

I hope our listeners are walking away with some like practical tools and a renewed sense of hope.

(S-1) Me too. It's been a great conversation. And remember everyone, turning helplessness into motivation, it's not some overnight magic trick. It's a process, a journey.

(S-2) Yeah. It's about growth, self-discovery and building resilience over time. And with each challenge you overcome, you get stronger, more resourceful, and more confident in your ability to create the life you want.

(S-1) Beautifully said. Thanks for joining us on this deep dive, everyone. We'll see you next time.

End.

MP3: The Power Of Transforming Helplessness Into Motivation

<https://moingaymotchuyen.com/Helplessness-Motivation>

# **The Transformative Power From Expectation To Freedom**

(S-1) Welcome back everyone to the deep dive. Uh today we're going to be looking at uh expectations and freedom.

(S-2) Yeah.

(S-1) Uh from a father's advice to his kids.

(S-2) Okay.

(S-1) So the source material we have for this is a letter.

(S-2) Okay.

(S-1) Uh that was written to his two kids. His son Lac who is 20 and in university, and his daughter An who was 15 and in high school.

(S-2) Got it.

(S-1) Um and it's really interesting because it's not just your typical, you know, you can do anything kind of pep talk,

(S-2) Right.

(S-1) um he really digs into some of the challenges that they're facing um and how to think about expectations.

(S-2) I think what's interesting is he doesn't shy away from how heavy expectations can be, you know, both from yourself and from others, but he really tries to give them a way of transforming those expectations into

something positive.

(S-1) Yeah. And I love that he uses this metaphor of flowing water.

(S-2) Okay.

(S-1) Um you know, he talks about how water adapts to its surroundings. It finds its way around obstacles. It keeps moving forward. no matter what. And I was thinking, you know, how often do we do that in life,

(S-2) Right.

(S-1) You know, how often do we become stagnant because of expectations? What if we could kind of be like water and just navigate those pressures?

(S-2) It's a powerful image for sure. I mean, it really is the heart of resilience. And you know, even in psychology, we talk about this thing called cognitive flexibility, which is that ability to just shift your thinking and adapt to new information. And that's exactly what he's talking about. It's like be adaptable like water instead of you know rigid like a rock that's just constantly you know eroded away by the constant pressure.

(S-1) So we have this idea of you know transforming expectations

(S-2) Right.

(S-1) but how do we actually do that

(S-2) Okay.

(S-1) like what does that look like in our everyday lives?

(S-2) Well I think he gives some really practical advice

(S-1) Okay.

(S-2) and he lays out almost like a roadmap for both of his kids of how to actually navigate those expectations.

(S-1) Okay. let's let's dive into that roadmap, where do we even begin?

(S-2) Well, he really emphasizes awareness first. You know, recognizing where these expectations are even coming from?

(S-1) Okay.

(S-2) Are they coming from me? Are they coming from other people?

(S-1) Right.

(S-2) It's like taking inventory, you know, what am I carrying around in my mental baggage?

(S-1) So, is this really what I want.

(S-2) Exactly.

(S-1) Or am I just trying to meet someone else's expectations of me?

(S-2) Yeah. And once you can identify those, then you can start to kind of evaluate them.

(S-1) Okay.

(S-2) Are these serving me? Do they align with my values or are they actually holding me back from, you know, who I really am?

(S-1) It could. It's kind of like cleaning out your closet,

(S-2) Right.

(S-1) You know, you might have clothes in there that you think you should keep. Maybe they were expensive or a gift from someone special.

(S-2) Exactly.

(S-1) But, you know, if they don't make you feel good when you wear them, then maybe it's time to let them go.

(S-2) Absolutely.

(S-1) And I feel like it's the same with expectations.

(S-2) It's a great analogy. It's about being honest. with yourself and recognizing what's really serving you.

(S-1) Yeah. One thing that really stood out to me was uh you know the idea of focusing on the process, not just the outcome,

(S-2) Right.

(S-1) It's so easy to get caught up in that end goal.

(S-2) Yeah.

(S-1) You know, and we forget to appreciate the journey.

(S-2) It's like we're so focused on getting to the destination,

(S-1) Right.

(S-2) that we miss all the scenery along the way.

(S-1) And then even when we get there, sometimes it's like, okay, what's next?

(S-2) Exactly. There's almost a feeling of emptiness.

(S-1) Yeah.

(S-2) Because we haven't really allowed ourself to be present in the actual process

(S-1) and it can lead to this feeling of like never being satisfied,

(S-2) Right.

(S-1) Like you're always striving for something more.

(S-2) It goes back to that idea of expectations. You know, if we're so fixated on a specific outcome, we're setting ourselves up for disappointment. But if we can shift our focus to the process, to the journey, to those small steps we take every day, that's where we find that fulfillment.

(S-1) Humm, it reminds me of uh you know I was reading about flow state.

(S-2) Okay.

(S-1) Have you ever heard of that? It's that state of like complete absorption in what you're doing,

(S-2) Right.

(S-1) Where you lose track of time.

(S-2) You're just fully immersed in the present moment.

(S-1) Yeah. And you feel this sense of like effortless joy.

(S-2) Yeah.

(S-1) It's not about, you know, achieving a specific result. It's just about the experience.

(S-2) It's about the joy of the process. And I think that's really where true freedom lies. When we can let go of those expectations and anxieties about the future and just be fully present in the now.

(S-1) So, the father also talks about self-care and reflection.

(S-2) Okay.

(S-1) You know, making time for yourself, listening to your inner voice.

(S-2) Yeah. I think that's so important, especially in today's world, but we're constantly bombarded with information,

(S-1) Right. and demands on our time.

(S-2) It's easy to neglect our own needs.

(S-1) Yeah. Like, we've been conditioned to believe that, you know, self-care is selfish.

(S-2) Right.

(S-1) We should always be productive.

(S-2) Yeah. Always striving for more.



(S-1) Yeah. But we can't pour from an empty cup.

(S-2) Exactly. So, you know, taking care of yourself is not selfish. It's essential. It's like filling up your own cup so you can give to others.

(S-1) So, what did that look like?

(S-2) Well, it could be different for everyone. It could be taking a few minutes to meditate each day.

(S-1) Okay.

(S-2) Or going for a walk in nature, spending time with loved ones, you know, just doing things that bring you joy.

(S-1) What I find so insightful is how the father kind of tailor his advice to his son and daughter,

(S-2) Right.

(S-1) You know, he recognizes that they're at different stages in their lives.

(S-2) They're facing different challenges. Shows how well he understands them as individuals. It's not just generic advice. It's tailored to their specific needs.

(S-2) So, for example, for Lac, you know, who's facing all those academic and career pressures,

(S-2) Right.

(S-1) He emphasizes that failure isn't the end of the world.

(S-2) He's reminding him that it's an opportunity to learn and grow.

(S-1) And for An, you know, who's going through adolescence.

(S-2) Right.

(S-1) He really focuses on self-love.

(S-2) Yeah.

(S-1) You know, accepting herself,

(S-2) accepting those imperfections.

(S-1) Yeah.

(S-2) Finding joy in the little things. And I think those messages are so important.

(S-1) Yeah.

(S-2) For everyone, no matter what age you are.

(S-1) We all face setbacks and disappointments. It's how we respond to those challenges that really determines our growth and our freedom.

(S-2) It's all about perspective.

(S-1) So, what resonated with you the most about his message, An?

(S-2) I think it was the emphasis on self-love and self-acceptance, especially for teenagers.

(S-1) Yeah.

(S-2) You know, they're bombarded with all these unrealistic expectations.

(S-1) How much pressure

(S-2) from social media and from society.

(S-1) It's so easy to compare ourselves to others.

(S-2) Yeah. And feel like we're not good enough.

(S-1) Yeah.

(S-2) But he's reminding that true beauty and worth come from within. It's about embracing who you are, and accepting yourself unconditionally.

(S-1) And I think that message is just as important for adults.

(S-2) Absolutely.

(S-1) You know, we all have insecurities. We all have things we want to change.

(S-2) Yeah. But learning to love and accept ourselves as we are, flaws and all that's essential.

(S-1) Yeah. For wellbeing,

(S-2) for our mental health.

(S-1) Yeah.

(S-2) For our relationships.

(S-1) It frees us from that need to always seek external validation.

(S-2) Yeah. and allows us to connect with others from a place of authenticity.

(S-1) Now, in addition to self-love, he also talks about gratitude, you know, appreciating those simple pleasures.

(S-2) I love that. I think gratitude is such a powerful antidote to that negativity bias.

(S-1) It's so easy to focus on what's wrong,

(S-2) Right. What's missing.

(S-1) Yeah.

(S-2) But when we take the time to appreciate the good, no matter how small,

(S-1) Yeah.

(S-2) it really shifts our perspective and opens us up to more joy.

(S-1) And there's even research that shows, you know, the benefits of gratitude.

(S-2) Right.

(S-1) Lower stress levels,

(S-2) better sleep.

(S-1) Yeah.

(S-2) Stronger immune system.

(S-1) It's like a ripple effect.

(S-2) It really is.

(S-1) You know, when we cultivate a grateful heart,

(S-2) Mhm.

(S-1) it not only impacts our own well-being, but it also affects our relationships

(S-2) and our outlook on life in general.

(S-1) And it's a practice that's available to everyone.

(S-2) Yeah.

(S-1) No matter what our circumstances are.

(S-2) Exactly.

(S-1) You know, we can always find something to be grateful for.

(S-2) Even in the midst of challenges.

(S-1) Yeah. What I find so fascinating is how the father weaves together this practical advice with these like deeper philosophical insights.

(S-2) It's not just a to-do list,

(S-1) Right.

(S-2) It's more like a guide to a more mindful way of living.

(S-1) Mhm.

(S-2) It's a blueprint for a more fulfilling life.

(S-1) And it's a blueprint that's accessible to everyone.

(S-2) Absolutely.

(S-1) But it does take effort. It's not about waiting for freedom to happen.

(S-2) About actively creating it

(S-1) through our choices with our actions and sometimes that involves letting go.

(S-2) Okay.

(S-1) You know, letting go of old beliefs, limiting expectations,

(S-2) sometimes even relationships that no longer serve us.

(S-1) And this is something the father talks about, you know, particularly with Lac,

(S-2) Yeah.

(S-1) he encourages him to embrace change, you know, to view it as an opportunity.

(S-2) Yeah.

(S-1) For learning and growth.

(S-2) It can be hard to let go.

(S-1) Yeah.

(S-2) especially when we're attached to a certain outcome,

(S-1) Right.

(S-2) But the truth is, life is constantly changing. Nothing stays the same forever.

(S-1) It's like trying to hold on to a rock in a rushing river. You might feel a sense of security in that grip,

(S-2) Right.

(S-1) But you're also missing out on the opportunity to flow with the current.

(S-2) Yeah. To see new landscapes, to experience the journey. And I think that's a beautiful metaphor for surrender. When we let go of our need to control, we open ourselves up to so much more.

(S-1) It's about trusting, you know, even when we don't know where it's leading,

(S-2) having the courage to step outside our comfort zone.

(S-1) Yeah. And embrace the unknown and those discoveries.

(S-2) Yeah.

(S-1) You know, those moments of joy and connection.

(S-2) They're often the most rewarding.

(S-1) They remind us that life is an adventure.

(S-2) It is.

(S-1) And that freedom lies in the journey,

(S-2) not the destination.

(S-1) And even when the journey is challenging, when we encounter obstacles,

(S-2) setbacks,

(S-1) Yeah.

(S-2) we have a choice. We can choose to get stuck or we can choose to learn and grow from it.

(S-1) Yeah.

(S-2) To come out stronger on the other side.

(S-1) And that's the essence of the father's message. Freedom is a choice.

(S-2) It's a choice we make every single day

(S-1) through our thoughts, our words, our actions.

(S-2) Exactly.

(S-1) So, as we move into the final part of our deep dive, I want to invite you, the listener, to reflect on what freedom means to you.

(S-2) Where do you feel restricted in your life?

(S-1) Yeah.

(S-2) Where do you crave more space to just be yourself?

(S-1) What expectations are holding you back?

(S-2) And what steps can you take today to start moving towards that freedom? It's interesting, you know, how he talks about setting goals and taking action as a way to find freedom.



(S-1) Yeah.

(S-2) It's not just about sitting around waiting for things to happen,

(S-1) Right. It's about actually going after it.

(S-2) Exactly. Taking ownership, making those choices that align with what you want.

(S-1) And I think for Lac of especially

(S-2) Mhm.

(S-1) you know, who's probably facing all those expectations,

(S-2) Right. about what he should be doing with his life.

(S-1) Yeah. Like what career he should choose.

(S-2) Yeah. Society kind of gives us these prepackaged paths to happiness, but he's encouraging Lac to question that.

(S-1) To find his own path.

(S-2) Yeah.

(S-1) And that takes courage.

(S-2) It does.

(S-1) You know, to go against what everyone else expects of you.

(S-2) Takes a lot of courage to listen to that inner voice and trust your gut.

(S-1) It's like he's giving them permission to break free from the mold,

(S-2) to be themselves.

(S-1) Yeah. To create a life that feels right for them.

(S-2) And that's a beautiful thing.

(S-1) Yeah. Absolutely.

(S-2) To have that freedom to choose.

(S-1) That's a gift.

(S-2) It is.

(S-1) And it's a gift we can all give ourselves. You know, it's never too late to question those expectations,

(S-2) Right. To challenge those limiting beliefs and create a life that feels truly authentic.

(S-1) One thing that stood out to me was how he talked about accepting negative emotions.

(S-2) Yeah. It's like he's saying, It's okay to not be okay all the time.

(S-1) Yeah.

(S-2) We live in a world that tells us to just be happy all the time.

(S-1) To push those feelings down.

(S-2) Right. But he's acknowledging those emotions are normal.

(S-1) Yeah. They're part of being human.

(S-2) And it's okay to feel them.

(S-1) It's like he's saying, "Don't be afraid of your feelings."

(S-2) Yeah.

(S-1) They're not going to break you.

(S-2) They can actually teach you a lot.

(S-1) And I think there's a freedom in that, you know, in allowing ourselves to feel the full range of emotions.

(S-2) Yeah. Without judgment.

(S-1) Yeah. Just accept accepting them.

(S-2) It's about being human.

(S-1) Yeah. With all our imperfections

(S-2) and finding that peace within ourselves.

(S-1) So, as we wrap up our deep dive today, I want to bring it back to that question.

(S-2) Okay.

(S-1) What does freedom mean to you? You know, we've talked about so many different aspects of freedom.

(S-2) Freedom from expectations, freedom to embrace failure,

(S-1) freedom to define success on our own terms.

(S-2) Yes.

(S-1) Freedom to feel our feelings.

(S-2) Freedom to be ourselves.

(S-1) And I think This letter really reminds us that freedom isn't a destination.

(S-2) It's a journey.

(S-1) Yeah. It's a choice we make every day to live in alignment with our values

(S-2) to be true to ourselves

(S-1) and to create a life that feels meaningful.

(S-2) So, as you go about your day, think about this.

(S-1) Yeah.

(S-2) What's one small step you can take today to cultivate more freedom in your own life?

(S-1) Maybe it's setting a boundary.

(S-2) Yeah.

(S-1) Saying no to something,

(S-2) taking some time for yourself.

(S-1) Yeah.

(S-2) Doing something that brings you joy

(S-1) or just appreciating the little things, expressing gratitude,

(S-2) being kind to yourself.

(S-1) Freedom is not a luxury. It's essential.

(S-2) It's the foundation for a fulfilling life,

(S-1) a life of purpose and connection.

(S-2) And it's a journey we can all choose to take

(S-1) starting right now.

End.

Mp3: The Transformative Power From Expectation To Freedom

<https://moingaymotchuyen.com/Expectation-Freedom>

# The Power Of Transforming Pain into Love

(S-2) Welcome back everybody. Um, today we're going to be diving deep into pretty powerful theme. I think it's something we all deal with transforming pain into love.

(S-1) Yeah.

(S-2) And we're looking at this letter uh from a father to his two kids.

(S-1) Okay.

(S-2) Lac is 20 years old. He's a university student, and then An is his younger sister.

(S-1) Got it.

(S-2) She's 15 going through high school. And uh, you know, it just it's really interesting to me just the idea that this father sat down to write this letter to his kids about how to deal with life's, you know, inevitable challenges.

(S-1) Yeah. Well, I think what's really interesting about this letter is you can tell this dad's thought a lot about this.

(S-2) Yeah.

(S-1) You know, he's got these personal stories woven in with the advice he's giving. And it just makes it really relatable, I think, no matter what you're going through in life.

(S-2) Yeah.

(S-1) He starts out with this really interesting comparison. He compares rain to pain.

(S-2) That's so true. And I was thinking about that. You know, when it rains, yeah, sometimes it can be annoying, but it's also like necessary for things to grow and be renewed. So, it's like he's saying that maybe we need to like shift our view of pain.

(S-1) Yeah.

(S-2) You know, not as just something negative, but as something that can actually be helpful for us to grow and change.

(S-1) Yeah. He challenges us to sort of reframe how we look at it.

(S-2) Yeah.

(S-1) You know, instead of being afraid of pain or trying to avoid it at all costs, what if we looked at it as like a necessary part of growth? Like even the way he talks about these grinding stones of challenge that can polish us to shine brighter,

(S-2) Right. Like I love that visual. It makes me think about, you know, times in my own life where I've gone through setbacks or failures and at the time they just felt awful.

(S-1) Of course.

(S-2) but when I look back, I realize like I learned so much from those experiences and they really shaped who

I am. I wonder if you're listening to this, how have those, you know, grinding stones shaped you?

(S-1) Yeah, that's a great question to ask yourself. Now, this father doesn't just talk about pain in a general sense. He also dives into these specific challenges that his kids are going through.

(S-2) Right.

(S-1) So, Lac being a university student, he's dealing with all the pressures of academics. He's trying to figure out his career path, you know, and he's also dealing with a lot of self-doubt, which I think is something that we all can relate to at different points in our lives.

(S-2) Oh, absolutely. You know, just trying to figure out your place in the world is overwhelming, especially when, you know, you're constantly being told, you know, you need to achieve this and you need to be successful. Find your passion.

(S-1) Right.

(S-2) It's easy to feel like you're not enough or that you're falling behind.

(S-1) Yeah. And the father acknowledges that, you know, he encourages kids not to be afraid of failure.

(S-2) Mhm.

(S-1) He even says maybe we should think about reframing failure altogether instead of it being like a full stop. What if we looked at it as valuable data? Like we're



all running our own personal growth experiment.

(S-2) That's such a good way to look at it. Instead of just like being devastated when something doesn't work out, we can ask ourselves, okay, well, what I learned from that?

(S-1) Yeah.

(S-2) And how can I use that to do it differently next time? What about you, dear listener? What are some, you know, failures that you've had that now you can look back and say like, "Oh, that was just a valuable data point on my journey."

(S-1) Now, let's shift gears a little bit and talk about An

(S-2) Okay.

(S-1) An's navigating the world of high school. She's dealing with all those, you know, teenage emotions. She's feeling lonely and she's really struggling with her self-esteem.

(S-2) It's so much to deal with at that age. Like, everything's changing so quickly. What I thought was interesting is that the father, he actually encourages An to kind of lean into that loneliness. He sees it as a time for self-reflection and growth

(S-1) in a world where we're constantly told to be connected, you know, to look for external validation.

(S-2) Yeah.

(S-1) That idea of finding comfort and solace in being

alone is actually really powerful.

(S-2) It really is.

(S-1) He's reminding An and all of us really that it's okay to just be alone with our thoughts and feelings and that it can actually be really important for figuring out who we are.

(S-2) It makes me think of that saying, solitude is where you find yourself so that you can reach out to others and form real attachments.

(S-1) Oh, I love that.

(S-2) And I think that really connects with what this father is trying to say to his daughter. Now, what's really cool is that he doesn't stop there. He goes on to give all these practical strategies for both Lac and An to use to actually, you know, transform that pain into love.

(S-1) Yeah.

(S-2) And he doesn't just offer these vague platitudes. He actually gives them concrete things they can do.

(S-1) Exactly.

(S-2) He talks about accepting hurt as just a natural part of life,

(S-1) Right.

(S-2) Reminding yourself that you are worthy of love and belonging and even finding peace in the midst of all that busyiness.

(S-1) That one really stood out to me.

(S-2) Yeah. I mean, it seems kind of counterintuitive in today's world. Like, what does he mean by finding peace when you're so busy?

(S-1) It is counterintuitive. He's not suggesting that we should just like power through and ignore that we need peace and quiet time, but what he's saying is we need to be intentional. about carving out these little moments of peace throughout the day.

(S-2) Okay. So, it's like instead of waiting for a whole day where you can just relax, it's more about just finding little pockets of time to de-stress and recharge,

(S-1) Right. Like maybe you take 5 minutes to meditate or you go for a walk in nature or you just like consciously take a few deep breaths.

(S-2) Yeah. I love that. It's like instead of feeling overwhelmed by that go- go, we can actually build in little pauses.

(S-1) Exactly.

(S-2) To reconnect with ourselves.

(S-1) Yeah. And he also talks about the importance of sharing your feelings with people that you trust. you know, like friends and family, mentors, even a therapist.

(S-2) There's so much power in just talking things out.

(S-1) It really is.

(S-2) Like they say, a problem shared is a problem haved. Sometimes you just need someone to listen to you without judgment.

(S-1) And it's not just about venting. It's about getting some perspective. You know, when we're just stuck in our own heads, it's easy to get lost in those thoughts and feelings.

(S-2) Yeah.

(S-1) But when you share those with someone else, you might be able to see things from a different angle. angle, maybe even come up with some solutions you hadn't thought of before.

(S-2) And you know, it's funny. I was just thinking about this. It's like this father by writing this letter, he's actually modeling this.

(S-1) Oh, that's true.

(S-2) He's sharing his wisdom and experience to help his kids navigate their challenges.

(S-1) Yeah. It's a beautiful example of how sharing our own journeys, even the tough parts, can help others.

(S-2) You know, there's already so much good stuff here, and we're just getting started.

(S-1) I know, right?

(S-2) There's so much more to unpack. So, let's keep diving in.

(S-1) Okay. One of the things that I thought was really interesting was this piece of advice about creating a positive space around you. Like he gives this example of Lac cleaning up his study space, maybe even adding some plants.

(S-2) You know, it's funny. I was just thinking about that because I've really felt that connection between like my physical space and my mental state.

(S-1) Yeah.

(S-2) When my surroundings are chaotic, it's so hard to focus and feel at peace.

(S-1) Oh, yeah. For sure. And there's research behind that too, right?

(S-2) Totally.

(S-1) Like our environment really does have a big impact on how we feel and our well-being. It's almost like our surroundings are constantly sending us messages.

(S-2) Yeah.

(S-1) Subtle messages that either support us or just add to our stress.

(S-2) So, it's like creating a positive space isn't just about, you know, how things look. It's really about intentionally designing an environment that's going to, you know, nourish us.

(S-1) Exactly. And it doesn't have to be this big renovation project. It could be as simple as, you know,

adding a few personal touches, bringing in some nature or just tidying up. I wonder what are some small things that you listening right now could do to create a more positive space for yourself.

(S-2) That's a great question. Now, kind of along the lines of self-care, the father also really emphasizes self-love, especially when you're dealing with loneliness and self-doubt.

(S-1) Yeah, he's a big believer in self-compassion. You know, instead of beating yourself up when you mess up or you don't reach a goal, he suggests asking yourself, "What would I say to a friend? going through the same thing. Would I be this hard on them?"

(S-2) That's such a good point. We're always so much harder on ourselves,

(S-1) Right. And he doesn't just tell them to love themselves. He gives them actual things they can do.

(S-2) Yeah.

(S-1) Like starting the day with a positive affirmation.

(S-2) I love that.

(S-1) You know, like, I deserve love and respect or I can handle whatever comes my way today.

(S-2) It's like planting a little seed of positivity.

(S-1) Exactly. And then that seed can just grow throughout the day. And he also encourages them to like Savor the little moments of joy.

(S-2) Yes.

(S-1) You know, really appreciate a cup of coffee or a beautiful sunset or just spending quality time with someone you love.

(S-2) I think those small moments can really add up and make such a big difference in how we feel overall.

(S-1) Totally. It's about shifting your focus from what you're lacking to what you already have. Now, you know, one piece of advice that really stood out to me was his suggestion to actually be grateful for life's difficulties. I know that might sound a little crazy.

(S-2) Yeah, it's counterintuitive, for sure. When things are tough, gratitude is usually the last thing on my mind.

(S-1) Oh, I know. But he's not saying we should be grateful for the pain itself.

(S-2) Yeah.

(S-1) But that even in those tough times, there are things we can learn and opportunities to grow.

(S-2) Okay. So, it's more about like finding the silver linings.

(S-1) Exactly. He gives this example of a student who's constantly getting criticized by a professor.

(S-2) Okay.

(S-1) And instead of feeling defeated, he suggests that student looks at it as a chance to you know, develop resilience, patience, and even their academic skills.

(S-2) So, it's kind of like taking those grinding stones of challenge we were talking about earlier,

(S-1) Right.

(S-2) and using them to just like level up.

(S-1) Exactly. It really is a choice. You can let challenges break you. Or you can choose to let them make you stronger.

(S-2) And sometimes that choice is a really hard one to make. But I think there's something empowering about remembering that we have a choice.

(S-1) Yeah.

(S-2) What about you listening? Are there any challenges you're facing right now that you could reframe as opportunities?

(S-1) That's a good question. Now, remember how the father talked about finding peace even when we're busy.

(S-2) Yeah. Carving out those little moments throughout the day.

(S-1) He actually gives some really specific ways to do that. He talks about the power of stillness. Just sitting in silence for a few minutes, focusing on your breath, maybe spending some time in nature.

(S-2) Oh, yeah. There's something so grounding about connecting with nature.

(S-1) Totally.



(S-2) Even just a short walk in the park can like totally clear my head and de-stress me.

(S-1) Yeah. And he talks about the benefits of meditation.

(S-2) Okay.

(S-1) You know, even just five or 10 minutes a day can make a huge difference in handling stress and finding that inner peace.

(S-2) It's like hitting the pause button on life for a little bit.

(S-1) Right. Give your nervous system a chance to calm down and reset. He also encourages them to do things that they enjoy.

(S-2) Oh, I love that. It's so easy to get caught up in our to-do list.

(S-1) Oh, yeah.

(S-2) And just totally forget to make time for things that we love.

(S-1) He's reminding us that joy is important. It's not just frivolous.

(S-2) Yeah.

(S-1) It's what feeds our soul and it gives us energy to keep going.

(S-2) What about you, dear listener? What brings you joy?

(S-1) Yeah.

(S-2) What are those activities that make you feel like you're really alive?

(S-1) Yeah. Make sure you make time for those things this week.

(S-2) Absolutely. They're just as important as all those other things you have to do.

(S-1) He also emphasizes how important it is to connect with others, you know, both for support and for sharing those joyful moments.

(S-2) There's so much truth to that. We really aren't meant to go through life alone. Connection is what makes us human.

(S-1) Yeah. And he talks about practicing gratitude.

(S-2) Okay.

(S-1) Even for the small things. He suggests keeping a gratitude journal.

(S-2) I love that.

(S-1) Yeah. Just write down a few things you're grateful for every day.

(S-2) It's so easy to get caught up in what's going wrong.

(S-1) Oh, yeah. It is.

(S-2) Practicing gratitude helps you to like appreciate everything that's good.

(S-1) Now, one thing that I thought was really cool was how he didn't just focus on the internal stuff. He talked about taking action, too.

(S-2) Oh, yeah.

(S-1) You know, he encouraged them to set goals, work towards their dreams, and try to make a difference in the world.

(S-2) I love that he's emphasizing both sides of that coin. It's about finding that inner peace, but then also like going out and making things happen.

(S-1) Yeah. He's encouraging them to live with purpose.

(S-2) Yeah.

(S-1) You know, to find their why and let that guide them.

(S-2) And that search for purpose can be a lifelong thing.

(S-1) Oh, for sure.

(S-2) It's all about being curious and trying new things and being open to new possibilities.

(S-1) You know, as we're talking about all this, I'm struck by just how much there is to this father's advice. It's really like a guide book for how to live a more fulfilling and meaningful life.

(S-2) It really is.

(S-1) What's standing out to you so far as you've been listening?

(S-2) I think one of the things that keeps coming back to me is that idea of reframing challenges as opportunities.

(S-1) Yeah, I love that.

(S-2) It's such a simple shift in thinking.

(S-1) Yeah.

(S-2) But it can really change everything.

(S-1) Yeah. It's about realizing that even when things are difficult, There's always something to learn and a chance to grow.

(S-2) And that brings us to the final part of our deep dive. We're going to be exploring even more of this father's amazing advice.

(S-1) I can't wait.

(S-2) And seeing how we can actually apply it to our own lives. As we're wrapping up this deep dive into this father's letter, I just keep thinking about how much he covered. You know, it's not just about dealing with hard stuff. He's also talking about building a life that has meaning. You know,

(S-1) he really does focus on that, doesn't he? Encouraging Lac and An to think about their why, what motivates them, what do they want to contribute to the world.

(S-2) Yeah. He even talks about finding work that aligns with their values so that they feel fulfilled.

(S-1) That's powerful stuff, right? It's like looking at work not just as a way to make money, but as a way to express who you are.

(S-2) Yeah. Like that saying, choose a job you love and you'll never work a day in your life. I mean, of course, it's not always that easy.

(S-1) Right.

(S-2) But the point is to find work that energizes you, not work that just drains you.

(S-1) Absolutely. and he gets that finding your purpose doesn't always happen in a straight line. It's about exploring and trying different things and maybe even changing directions along the way.

(S-2) It's all about the journey, right? Trusting that you'll figure it out.

(S-1) He also emphasizes the importance of constantly learning and growing. He encourages them to read books, take courses, go to workshops, but basically anything that expands their knowledge and skills.

(S-2) Yeah, it's all about having that growth mindset, believing that you can always learn and get better no matter how old you are or what you've already done. How about you listener? What are some areas in your life where you'd like to learn and grow?

(S-1) That's a great question. Now, as we're coming to the end of our discussion, I keep coming back to the main

message of the letter. You know, transforming pain into love.

(S-2) I know. It's such a beautiful idea.

(S-1) Yeah, it really is.

(S-2) It's about realizing that even when you're going through heartbreak or loss or disappointment, there's always a chance for healing and growth.

(S-1) Yeah. He's reminding us that we have a choice in how I respond to the hard stuff. We can let pain control us or we can use it as fuel to become better versions of ourselves.

(S-2) It's incredibly powerful to remember that we have that choice.

(S-1) You know, we've talked about so much wisdom that this father shared with his kids.

(S-2) You really have.

(S-1) What parts spoke to you the most?

(S-2) Yeah. What are you going to take away from this deep dive and how can you apply that to your own life with its challenges and triumphs?

(S-1) This letter goes beyond just giving advice to two young people. It taps into is something that's true for all of us, that we all have the ability to turn our pain into something positive, something powerful.

(S-2) So, listener, as you go about your day, think about this. What's one challenge or hurt you're dealing with

right now? And how can you use the ideas from this letter to turn that pain into love and growth?

(S-1) Maybe it's looking at the challenge in a new way, seeing it as a chance to learn instead of a setback. Or maybe it's reaching out for support, talking to someone who will listen and understand.

(S-2) Or it could be about being kind to yourself, remembering that you are worthy of love and respect even when you make mistakes. Whatever it is, we encourage you to embrace the journey, to believe in your strength, and to trust the power of love to transform you.

(S-1) And remember, you don't have to go through this alone. We're all in this together. Even when things feel dark, there's always hope and the chance for healing and growth.

(S-2) Thank you for joining us on this deep dive. Until next time, keep exploring, keep learning, and keep turning your pain into love.

End.

MP3: The Power Of Transforming Pain into Love

<https://moingaymotchuyen.com/Pain-Love>

# The Transformative Power Of Turning Fear Of Loneliness Into Independence

(S-2) Welcome back everyone to another deep dive. This time we're going to be unpacking a letter written by a father to his two kids, Lac and An.

(S-1) Okay.

(S-2) Lac is 20 and An is 15. And it's really about like this whole idea of like turning the fear of loneliness into independence no matter what stage of life you're in.

(S-1) Yeah. I think what's so interesting about this letter is that he's very honest with them. He doesn't try to sugarcoat the fact that life can be really tough especially when you're figuring things out on your own.

(S-2) Yeah. And he really dives into some like heavy stuff like dealing with failure and self-doubt and all that, but he does it in such a supportive and encouraging way. It feels like he's really right there with them guiding them through it all.

(S-1) Absolutely. One of the things that struck me right away was how he addresses the fear of loneliness. He has this great analogy of loneliness being like passing clouds.

(S-2) Okay. I love analogies. So tell me more about that.

(S-1) You know, basically he's saying that just like clouds, you know, feelings of loneliness, they're going to come and go. They can feel really overwhelming at



times, but they're not permanent. It's about learning to weather those storms and understanding that they're just a natural part of life.

(S-2) So, it's not about avoiding loneliness altogether, but more about learning how to navigate it.

(S-1) Exactly. And that's where the idea of independence comes in. He seems to be saying that embracing those moments of solitude can actually be a stepping stone to becoming more self-reliant. It's about getting comfortable with your own company and realizing that you don't always need to be surrounded by people to feel whole.

(S-2) That's a really interesting way to look at it. It kind of flips the script on how we usually view loneliness.

(S-1) It does. Instead of seeing it as something negative or something to be feared, he's presenting it as this opportunity for growth.

(S-2) I like that. So, how does his advice differ for Lac and An? I mean, they're at pretty different stages in their lives.

(S-1) Yeah, you're right. And he tailor his guidance accordingly. For Lac, who's navigating, you know, university and early career choices, the focus is a lot on building resilience and learning from setbacks.

(S-2) I can see how that'd be super relevant for someone just starting out in the real world.

(S-1) Totally. The father really emphasizes that failure isn't the opposite of success. It's actually a stepping stone to it.

(S-2) Okay.

(S-1) He tells Lac that true maturity comes from having the courage to make mistakes and more importantly to learn from them.

(S-2) It's like that whole idea of grit, right? Being able to bounce back from challenges.

(S-1) Exactly. He's encouraging Lac to really embrace those bumps in the road and to use them to fuel his growth

(S-2) to be become more independent and self- assured.

(S-1) Yeah.

(S-2) Now, what about An what are some of the challenges that she's facing and how does the dad address those?

(S-1) Well, you know, An is dealing with some classic teenage struggles like self-doubt, comparing herself to others, and feeling like she doesn't quite fit in.

(S-2) Oh, yeah. I think we can all relate to those no matter what age we are.

(S-1) Absolutely. But those feelings can be especially intense for teenagers. And the father recognizes that. He emphasizes the importance of self-confidence. confidence and self-acceptance.

(S-2) So for her, it's more about embracing her individuality rather than trying to fit in.

(S-1) Exactly. He seems to be saying that her uniqueness is her strength. It's what sets her apart. And this is such an important message for young people, especially today, you know.

(S-2) Yeah.

(S-1) With social media and everything, it can really feel like everyone else has it all figured out.

(S-2) I think that's a really powerful message for all of us, actually. It's easy to lose sight of our own value and worth when we're constantly bombarded with, you know, images of perfection.

(S-1) Absolutely. And that's why his emphasis on self-acceptance is so refreshing. You know, he's reminding both Lac and An, and us as well that true independence begins with believing in yourself, trusting your own path, even if it looks different from everyone else's.

(S-2) Love that. So, we've talked about some of the challenges, but what about the solutions? What are some things he suggests they actually do to build their independence?

(S-1) Okay. Well, this is where it gets really interesting. The father doesn't just offer like vague platitudes. He actually provides concrete steps they can take.

(S-2) Give me some of those nuggets of wisdom. I'm ready.

(S-1) All right. Well, for Lac, one of the key pieces of advice is the importance of setting clear goals.

(S-2) Yeah.

(S-1) He tells him to actually like create a system for himself.

(S-2) Okay.

(S-1) Where he breaks down big aspirations into smaller, more manageable steps.

(S-2) So instead of getting overwhelmed by this huge goal, he's breaking it down into smaller steps that feel more achievable.

(S-1) Right.

(S-2) But how does that tie into building independence?

(S-1) That's a great question. When you set clear goals and you actually take action towards them, it gives you this sense of control over your own life. You're not just drifting along. You're actively shaping your future.

(S-2) Okay.

(S-1) And that boosts your confidence, some self-reliance.

(S-2) It's like you're taking ownership of your journey rather than feeling like you're just, you know, at the mercy of circumstances.

(S-1) Exactly. And that feeling of agency is so essential for independence.

(S-2) Yeah.

(S-1) It's about recognizing that you have the power to make choices and create the life you want.

(S-2) I love that. So, setting goals is one practical step. What else does he recommend?

(S-1) Another thing he tells Lac is to go beyond just following instructions.

(S-2) Okay.

(S-1) Like to embrace a more proactive approach to learning.

(S-2) What does that look like in practice?

(S-1) It's about taking initiative, seeking out new information, finding solutions on your own. Instead of waiting for someone to tell you what to do, you're actively engaging with the world around you. and figuring things out.

(S-2) It's like he's encouraging him to become a self-directed learner.

(S-1) Yeah.

(S-2) Someone who's curious and resourceful.

(S-1) You got it. And remember, this all ties back to his point about embracing failure. When you're willing to take risks, try new things, learn from your mistakes, you're building that resilience and independence,

(S-2) Right. It's about being okay with not always having the answers and making mistakes along the way, which, let's be honest, we all do

(S-1) all the time.

(S-2) So, before we move on to An's advice specifically, I want to circle back to something you mentioned earlier about the importance of relationships.

(S-1) Sure.

(S-2) It seems kind of counterintuitive to talk about connection when we're discussing independence. Can you elaborate on that a little bit more?

(S-1) It's a great point. The father's not advocating for like isolation in the pursuit of independence. He actually emphasizes the importance of building genuine supportive relationships.

(S-2) So, it's not about going it alone. It's more about having the right people by your side.

(S-1) Precisely. He seems to be drawing a distinction between dependence and interdependence.

(S-2) Okay.

(S-1) Healthy relationships offer support and encouragement without creating a sense of reliance or obligation. They're about mutual respect, shared growth, a genuine desire to see the other person succeed.

(S-2) It's like having people you can lean on without feeling like you need to be constantly leaning.

(S-1) That's a great way to put it.

(S-2) Okay, that makes a lot more sense.

(S-1) Yeah, it's finding that balance.

(S-2) Now, let's talk about An what kind of guidance does he give her when it comes to building independence?

(S-1) One of the most um poignant pieces of advice he gives her is to find joy in simple things. He encourages her to like appreciate the little moments in life.

(S-2) Okay.

(S-1) Be present. Find happiness in everyday experiences.

(S-2) Yeah. It's easy to get so caught up in chasing those big goals and achievements that we forget to appreciate what's right in front of us.

(S-1) It is.

(S-2) Yeah.

(S-1) And he seems to be reminding her and all of us really that you don't need to achieve grand things to feel fulfilled.

(S-2) Okay.

(S-1) Happiness can be found in the simplest things.

(S-2) It's about shifting your perspective and finding gratitude for what you already have.

(S-1) Exactly. And that's such a powerful foundation for building independence.

(S-2) Yeah.

(S-1) When you're content with yourself in your life, you're less reliant on external validation or achievements to feel good.

(S-2) You find that peace and stability from within.

(S-1) Yeah.

(S-2) Okay. That makes a lot of sense. And it brings us to another really interesting piece of advice he gives her. He says to spend at least 30 minutes each day reading.

(S-1) Yeah.

(S-2) And I'm guessing he doesn't just mean for school.

(S-1) No, not just textbooks.

(S-2) Okay.

(S-1) He encouraged is her to read for pleasure, you know, to learn about the world.

(S-2) So, he's basically advocating for lifelong learning.

(S-1) Exactly. He seems to be emphasizing the power of knowledge and perspective in like shaping our world view.

(S-2) So, it's not just about like memorizing facts, but it's about broadening your horizons and developing your own critical thinking skills,



(S-1) Right. And that's crucial for independence because it allows you to form your own opinions, to question assumptions, to make decisions based on your own values. your understanding of the world.

(S-2) So, it's about becoming an informed and engaged person who can think for themselves.

(S-1) Yeah.

(S-2) Okay. We've covered a lot of ground from embracing loneliness to setting goals to even like finding joy in simple things, but how does all this connect back to our listeners?

(S-1) Well, I think one of the biggest takeaways is that independence isn't about isolating yourselves or becoming a lone wolf. It's about cultivating inner strength, self-reliance. It's about being able to navigate life's ups and downs with confidence.

(S-2) It's about embracing your unique path, learning from mistakes, cultivating a sense of self-worth that doesn't depend on what other people think.

(S-1) Exactly. It's about finding that sweet spot between self-reliance and connection, between solitude and community. You know, recognizing that both are essential for a fulfilling and meaningful life. And that leads us to another point he makes. He encourages Lac to like really embrace those moments of loneliness.

(S-2) Okay.

(S-1) To sit with those feelings and use them as a time for self-reflection.

(S-2) It's almost like he's saying, you know, don't be afraid of the quiet. Get to know yourself in those moments.

(S-1) Exactly. He's suggesting that solitude can be incredibly valuable. It gives you space to process your thoughts and emotions, to reconnect with your values, and to explore your interests without any distractions.

(S-2) So, instead of dreading being alone, you can use those moments to gain a deeper understanding of yourself.

(S-1) Right. And that self-awareness is crucial for building genuine independence. It's about knowing who you are, what you stand for, what matters to you.

(S-2) It's like building that inner compass that guides you.

(S-1) I love that analogy because it's not about having all the answers. It's about developing that inner sense of direction,

(S-2) Right.

(S-1) That helps you navigate the challenges and uncertainties that you know are just part of life.

(S-2) Now, even though he emphasizes embracing solitude, he also reminds Lac that independence doesn't mean isolating yourself completely.

(S-1) That's right. He circles back to the importance of building meaningful relationships, but he stresses that These connections should be based on mutual respect and um a shared journey of growth.

(S-2) So it's about choosing relationships that empower you rather than create a sense of dependence.

(S-1) Precisely. It's about recognizing that we can be both independent and interdependent at the same time.

(S-2) Okay.

(S-1) Healthy relationships add value to our lives without, you know, compromising our sense of self.

(S-2) Now, shifting gears a bit, I'm curious to hear more about the advice he gives to An. We talked about the challenges she's facing as a teenager, but how does he guide her toward building her own sense of independence?

(S-1) One of the most impactful things he does is highlight the importance of self-confidence. He tells her to identify her strengths and focus on developing them.

(S-2) So, it's about recognizing and celebrating what makes her unique rather than dwelling on like her flaws.

(S-1) Exactly. He's encouraging her to build a strong sense of self-worth from the inside out.

(S-2) That's so important, especially for teenagers who are often bombarded with messages about how they should look or act.

(S-1) It is. And he acknowledged is that it's not always easy to feel confident, especially when you're dealing with self-doubt or comparing yourself to others. So, he gives her some practical tools

(S-2) like what?

(S-1) Well, one thing he suggests is, you know, talking to someone she trusts about how she's feeling, whether it's a parent, a friend, a teacher. He encourages her to share her struggles and seek support when she needs it.

(S-2) He's reminding her it's okay to ask for help,

(S-1) Right. And that's such a crucial part of building true independence. It's not about pretending to be strong all the time or bottling up your emotions. It's about recognizing that we all need support sometimes and knowing when to reach out.

(S-2) It's about building that network of trusted people who can help you through tough times.

(S-1) And that leads us to another powerful piece of advice he gives An to develop her problem-solving skills.

(S-2) Okay.

(S-1) He encourages her to ask herself questions like, "What's best for me in this situation?"

(S-2) Yeah.

(S-1) And why am I making this choice?

(S-2) He's really fostering that sense of agency, isn't he?

(S-1) He is. It's about empowering her to become her own advocate and to take ownership of her decisions.

(S-2) Instead of relying on others to fix things, she's learning to analyze situations, and make choices that are aligned with her values.

(S-1) Exactly. It's about developing that critical thinking muscle. You know, becoming more confident in her ability to handle challenges on her own.

(S-2) I love that. And it seems like all these pieces of advice from embracing solitude to building healthy relationships to developing problem solving skills are all connected.

(S-1) Right.

(S-2) They're all part of this bigger picture.

(S-1) That's a great observation. It's like he's painting a picture of what it means to live a truly independent life.

(S-2) Now, I want to circle back to something we touched on earlier. That idea of turning fear of loneliness into independence. What does that actually look like?

(S-1) Well, I think it starts with a mindset shift. It's about reframing loneliness, not as something to be feared, but as an opportunity for growth, self-discovery.

(S-2) So, instead of dreading those moments when you're alone, you embrace them like a chance to recharge. get to know yourself better.

(S-1) Exactly. It's about recognizing that solitude can be a source of strength, a time to connect with yourself, reflect, and cultivate your passions.

(S-2) And it's important to acknowledge that this isn't always easy, especially in a world where we're constantly told to be connected.

(S-1) You're right. It can be a challenge to resist that pressure to be constantly surrounded by people or seeking validation through social media.

(S-2) But, you know, this father's wisdom reminds us that true fulfillment comes from within.

(S-1) Yeah.

(S-2) It's about cultivating a sense of selfworth that doesn't depend on, you know, external validation.

(S-1) Absolutely. And that's where embracing solitude comes in. When you learn to enjoy your own company, when you're not afraid of being alone with your thoughts and feelings, you develop a stronger sense of self.

(S-2) You start to understand what truly matters to you.

(S-1) And that helps you build healthier relationships because you're not coming from a place of neediness. You're connecting with others from a place of wholeness, self-acceptance.

(S-2) So, it's not about choosing between solitude and connection. It's recognizing that both are essential for a well-rounded life.

(S-1) Right. It's about finding that balance between independence and interdependence. Recognizing that both are vital.

(S-2) Now, I want to touch on something specific he suggests that really resonated with me. He encourages An to find joy in simple things like taking a walk, listening to music, or spending time with loved ones.

(S-1) It's such simple but profound advice. He's reminding her that happiness doesn't have to be complicated.

(S-2) Great.

(S-1) It can be found in those everyday moments that we often take for granted.

(S-2) And I think that's a message we could all use. It's easy to get caught up in the pursuit of more, you know, more money, more possessions. We forget to appreciate the simple pleasures.

(S-1) It's like we're always looking for that next big thing instead of savoring the present moment.

(S-2) And that's where his wisdom comes in. He's encouraging and to slow down, to be present, to cultivate a sense of gratitude.

(S-1) And that gratitude can be incredibly powerful. It helps us shift our focus from what we lack to what we have. have and that can lead to more happiness and contentment.

(S-2) It's about recognizing that joy doesn't come from things but from you know our own internal state of being.

(S-1) Exactly. And that's a lesson for all of us.

(S-2) Now before we wrap up part two, I want to bring it back to that analogy of the clouds.

(S-1) It really is the thread that connects everything, isn't it?

(S-2) It is. And I think it offers such a powerful reminder. Just like clouds, our emotions are constantly shifting. Even when we're feeling overwhelmed by fear, loneliness, or self-doubt, it's important to Remember that those feelings are not permanent.

(S-1) They're like those passing clouds he describes. They might darken the sky for a while, but eventually they'll drift away and reveal the blue sky.

(S-2) And that's such a comforting thought...

(S-1) It is.

(S-2) ...to know that even in the midst of a storm, there's always the promise of sunshine.

(S-1) It's about having faith in our ability to weather those storms and come out stronger on the other side.

(S-2) And that's where the idea of turning fear of loneliness into independence comes in. In when we embrace those moments of solitude, when we learn to navigate those passing clouds, we develop a deeper sense of self, a stronger inner compass,



(S-1) we realize that we don't need to be constantly surrounded by people.

(S-2) Yeah.

(S-1) We find that sense of peace and contentment within ourselves.

(S-2) And that inner strength and self-reliance allows us to move through the world with more confidence, to build healthier relationships, and to create a life that's truly aligned with, you know, our values.

(S-1) And it empowers us to choose how we respond. You know, instead of letting them define us, we use them as opportunities.

(S-2) We become the captains of our own ships, navigating those choppy waters with courage and determination

(S-1) and knowing that even when the seas get rough, we have the strength to stay the course.

(S-2) This has been incredibly insightful, and I hope it's given you, the listener, some food for thought.

(S-1) Remember, it's a lifelong process. It's about finding what works for you, embracing your unique path, and trusting that you have the resources to navigate the challenges. and um triumphs that lie ahead.

(S-2) And as always, we're here to guide you along the way.

(S-1) So until next time, keep exploring, keep learning, and keep embracing the incredible power of your own independence.

(S-2) It's about finding what feels right for you, what feels authentic.

(S-1) And remember, the journey itself is just as important as the destination. You know, it's about embracing the process of growth and self-discovery with all its twists and turns.

(S-2) Okay, so we've explored the father's wisdom, his advice, for both his kids and even tried to connect it back to you, the listener.

(S-1) Yeah.

(S-2) But before we wrap up this whole deep dive, I want to go back to that cloud analogy one last time.

(S-1) It really does tie this whole letter together, doesn't it?

(S-2) It does. And it reminds us that just like clouds, you know, our emotions, they're always changing. Even when we're feeling down or lonely or full of self-doubt, it's important to remember that those feelings won't last forever.

(S-1) They're just like those passing clouds. They might make things seem dark for a bit, but they'll move on eventually. And then you know the sun comes out again.

(S-2) That's a really nice thought, isn't it? Knowing that

even when things are tough, there's always hope.

(S-1) It is. It's about trusting that we're strong enough to get through anything and we can even come out stronger on the other side.

(S-2) And that's where this idea of turning fear into independence comes in. When we embrace those times alone, when we learn to handle those, you know, those passing clouds of loneliness, we build a stronger sense of self.

(S-1) Yeah.

(S-2) Like we get a better inner compass.

(S-1) We realize that we don't need to always be around people or looking for approval from others to feel good. We find that feeling of being okay within ourselves.

(S-2) And that feeling, that inner strength lets us move through the world with more confidence to build better relationships and create a life that feels right for us.

(S-1) And it gives us the power to decide how we're going to react to those tough times. Instead of letting them control us, we use them to learn and grow.

(S-2) We become the captains of our own ships, right?

(S-1) Exactly.

(S-2) We steer through those rough waters with courage,

(S-1) knowing that no matter how rough the seas get, we have the strength to keep going.

(S-2) This has been such a great deep dive, and I really hope it's given you, the listener, something to think about.

(S-1) Remember, it's a journey, your own unique journey, and there's no right or wrong way to do it. It's all about figuring out what works for you and believing in yourself. You've got the strength inside you to handle whatever comes your way.

(S-2) And until next time, keep learning and keep exploring. And remember, You have the power to create a life you love.

End.

Mp3: The Transformative Power Of Turning Fear Of Loneliness Into Independence

<https://moingaymotchuyen.com/Loneliness-Independence>

# The Transformative Power Of Turning Attachment Into Letting Go

(S-1) Ever feel like you're just like kind of stuck, you know, clinging to something, whether it's an old hurt or a fear or maybe even an expectation that just isn't serving you anymore? Well, today we are going to deep dive into the idea of letting go, but uh with a bit of a twist.

(S-2) Okay.

(S-1) Our source today is actually a personal letter.

(S-2) Interesting.

(S-1) Yeah. From a father to his two kids.

(S-2) Okay.

(S-1) Lac who's 20 and navigating university life and then An 15-year-old who's going through the whole high school whirlwind.

(S-2) What's fascinating about that is that we're not getting just like a general philosophy of letting go, you know, we're seeing it applied to very specific life stages.

(S-1) Exactly.

(S-2) Which I think makes it so much more relatable.

(S-1) It's almost like we're getting two deep dives for the price of one.

(S-2) Totally.

(S-1) But before we get into the nitty-gritty, I have to share this metaphor the father uses.

(S-2) Okay.

(S-1) He compares the soul to a stream and attachments to like rocks blocking the flow. So anything we're holding on to too tightly, those are the rocks. rocks and letting go is about removing those rocks so that that stream can flow freely again.

(S-2) I love that image. Um and it makes me think about, you know, what we know about mindfulness and the impact of stress on our well-being,

(S-1) Right.

(S-2) Imagine just like the buildup of all those rocks.

(S-1) Yeah.

(S-2) It's no wonder that we feel stuck and overwhelmed sometimes.

(S-1) Exactly. So, let's wait into Lac situation first.

(S-2) Okay.

(S-1) He's dealing with those pretty typical young adult pressures, demanding studies. He's figuring out his career path. Probably grappling with some self-doubt as well.

(S-2) Yeah, for sure.

(S-1) The father even includes this quote um about how real maturity comes from letting go of past events you can't change and focusing on the path ahead.

(S-2) That's powerful. It makes you think like what are we all clinging to,

(S-1) Right.

(S-2) that's keeping us from moving forward. It's like he's encouraging lack and all of us to kind of identify those rocks and start the process of letting them go.

(S-1) Totally. And he doesn't just leave Lac hanging with this vague concept.

(S-2) Yeah.

(S-1) He offers some really practical tips. One that struck me was the idea of just creating space for stillness.

(S-2) Okay.

(S-1) So he suggests Lac spend a few minutes each morning focusing just on his breath. You know, quieting the mental chatter.

(S-2) You know, it's fascinating how something so simple,

(S-1) I know.

(S-2) can have such a profound impact. There's a growing body of research on the benefits of mindful breathing, you know, for reducing stress, improving focus, and it's something that anyone can do anytime, anywhere.

(S-1) A fancy meditation app or a yoga studio. Just a few moments of intention.

(S-2) That's it.

(S-1) Another piece of advice that resonated with me was about reframing failure.

(S-2) Okay.

(S-1) So, the father tells Lac, you know, if he doesn't get the exam results that he's hoping for. Instead of getting discouraged, he should ask himself, what have I learned from this? How can I approach it differently next time?

(S-2) It's so easy to get caught up in the fear of failure, especially, you know, in a culture that often emphasizes achievement above all else. What if we saw those setbacks as like valuable data points? Interesting.

(S-1) Not a reflection of our worth, but an opportunity to kind of refine our approach and try again.

(S-2) Like Thomas Edison said about his countless attempts to invent the light bulb.

(S-1) Oh yeah.

(S-2) I haven't failed. I've just found 10,000 ways that won't work.

(S-1) Exactly.

(S-2) And it's not just about exams, right? This applies to so many areas of life.

(S-1) For sure. Relationships, work, creative pursuits.

(S-2) It's about cultivating that growth mindset.

(S-1) Yeah.



(S-2) Where challenges are seen as opportunities for learning and development rather than threats to our ego.

(S-1) Absolutely. And speaking of things that can threaten our ego, the father also encourages Lac to let go of unrealistic expectations.

(S-2) Oh.

(S-1) he gives the example of striving for perfect grades and suggests that lack to really question that pressure. Is it coming from a genuine desire to learn and master the material or is it driven by external expectations?

(S-2) That raises such a crucial point about self-awareness.

(S-1) Yeah.

(S-2) Are we chasing goals that truly align with our values or are we living someone else's script? Letting go of unrealistic expectations requires us to really define what success means to us on our own terms.

(S-1) It's like reclaiming our autonomy.

(S-2) And that can be so incredibly liberating, especially for young adults.

(S-1) Yeah.

(S-2) Who are often bombarded with messages about what they should be doing and achieving.

(S-1) It's so true. It's about tuning out the noise and really listening to our own inner compass.

(S-2) Okay. So, we've explored some of the father's advice for lack, which seems to be geared towards navigating the pressures of early adulthood and finding a sense of direction.

(S-1) Yeah.

(S-2) I'm curious to see how his guidance shifts when he's talking to An

(S-1) Yeah.

(S-2) who's facing a whole different set of challenges.

(S-1) Totally. Teenagers, they're in such a unique phase of development.

(S-2) For sure.

(S-1) They're trying to figure out their identity while also dealing with this roller coaster of physical and emotional changes. I'm really interested to see how the father tailors his message of letting go to her specific experience.

(S-2) Let's dive in.

(S-1) Okay.

(S-2) He starts by acknowledging that adolescence can be a real whirlwind.

(S-1) He tells and it's totally normal to feel confused, lacking in confidence, and maybe even different from her peers.

(S-2) That validation is so important, especially during a time when teenagers are so sensitive to feeling judged or

misunderstood,

(S-1) Right.

(S-2) It's like he's giving her permission to embrace the awkwardness and uncertainty. of this phase of life.

(S-1) He even makes this interesting point that true strength doesn't always come from trying to power through everything on your own.

(S-2) Oh, interesting.

(S-1) Sometimes the strongest thing you can do is recognize when you need to let go of that pressure and ask for help.

(S-2) That is such an important message, especially in a culture that often glorifies self-reliance.

(S-1) Right.

(S-2) Learning to lean on others to build a supportive community is a crucial life skill.

(S-1) Absolutely.

(S-2) And it's something we often don't teach explicitly, but think about Wouldn't it have been helpful to learn that in our teenage years

(S-1) For sure.

(S-2) when we were trying to navigate everything for the first time?

(S-1) Totally. It's like he's giving an permission to build

that safety net. So, what are some of the practical tips he offers her?

(S-2) Well, one that stood out to me was his emphasis on focusing on the present moment.

(S-1) Okay.

(S-2) He suggests that whenever An feels anxious, she should pause, take a few deep breaths, and remind herself, I am living in this moment.

(S-1) It's almost like a mini meditation practice that she can use anytime, anywhere.

(S-2) Exactly.

(S-1) But what's interesting is that he connects this to something very specific to her experience to test anxiety,

(S-2) Right.

(S-1) He tells her that instead of getting caught up in all the whatifs and spiraling into worry, she can ground herself in the present moment by focusing on the task at hand.

(S-2) It's a powerful technique for managing anxiety, and it aligns with what we know from cognitive behavioral therapy about how our thoughts influence our feelings and behaviors.

(S-1) It's like he's giving her a practical tool to interrupt that cycle of anxious thoughts. And he doesn't stop there,

(S-2) Right.

(S-1) He also encourages An to accept the changes happening in her body and emotions as a natural part of growing up.

(S-2) So crucial, especially for young girls who are bombarded with, you know, unrealistic beauty standards and societal pressures. It's about cultivating self-acceptance and recognizing that those changes are not flaws, but rather signs of growth and development.

(S-1) It makes me wonder if he's subtly trying to counter some of those harmful messages that she's probably getting from the media and maybe even her peers.

(S-2) I think that's a really insightful observation. He's essentially encouraging her to define her own sense of worth separate from those external pressures.

(S-1) Another piece of advice that really resonated with me and probably with many listeners out there.

(S-2) Yeah.

(S-1) Is about the trap of comparison.

(S-2) Oh, absolutely. This is something we all struggle with regardless of our age.

(S-1) Social media certainly hasn't made it any easier.

(S-2) Oh, for sure.

(S-1) The father tells An that comparing herself to others will only lead to feeling inadequate.

(S-2) Right.

(S-1) Instead, he suggests she focuses on her own journey and celebrates her own progress.

(S-2) It's so easy to fall into that trap of comparing our behind the scenes to everyone else's highlight reel. But the truth is, everyone is on their own uni path and we all have our own strengths and challenges.

(S-1) He even gives a specific example related to academics. He says, "Instead of feeling bad because your friends seem to be doing better than you in school, remind yourself that everyone learns at their own pace. Find what study methods work best for you and focus on gradual improvement.

(S-2) I love that it's about shifting the focus from competition to self-discovery and celebrating individual learning styles.

(S-1) It seems like he's planting the seeds for resilience and self-compassion, two qualities that are so crucial for navigating life's inevitable ups and downs.

(S-2) You know, it's fascinating how the father weaves these overarching themes into such specific advice. He's not just giving An tips for surviving adolescence,

(S-1) Right.

(S-2) He's equipping her with tools for a fulfilling life.

(S-1) And he doesn't shy away from tougher topics like learning to forgive yourself.

(S-2) Okay.

(S-1) He tells An that everyone makes mistakes.

(S-2) Mhm.

(S-1) And it's more important to learn from them and move on than to dwell in guilt and shame.

(S-2) That's such a powerful message, especially for teenagers who are often so hard on themselves. It's about cultivating self-compassion and recognizing that making mistakes is an inevitable part of the learning process.

(S-1) He even uses a very concrete example of and losing something that belongs to someone else.

(S-2) Okay.

(S-1) And instead of letting guilt consume her, He suggests she acknowledges the mistake, apologizes, and makes amends.

(S-2) It's about taking responsibility for our actions without getting bogged down in self-incrimination.

(S-1) Right.

(S-2) It's about learning to let go of the past and move forward with a sense of grace.

(S-1) Okay. So, we've explored the father's advice for both Lac and An. And it's clear that he's tailored his approach to their different life stages and challenges. But I'm struck by how despite those differences, there are some really common threads running through his message.

(S-2) Yeah.

(S-1) What stands out to you?

(S-2) What's fascinating is that while the specific strategies differ, the underlying message is incredibly consistent.

(S-1) Okay.

(S-2) He's emphasizing the importance of self-awareness. Understanding your own thoughts, feelings, and motivations as a foundation for letting go.

(S-1) It's like he's saying before you can let go of anything external, you need to understand what's going on internally.

(S-2) Exactly. And he's also highlighting the power of self-compassion,

(S-1) Right.

(S-2) Which is so crucial for navigating those moments when we inevitably stumble. or fall short.

(S-1) Yeah.

(S-2) It's about treating ourselves with the same kindness and understanding we would offer a friend.

(S-1) And I love how he doesn't just talk about letting go of the bad stuff. He also encourages both lack and an to let go of things that might seem positive on the surface. Unrealistic expectations, the pressure to be perfect, maybe even certain relationships that aren't serving them.



(S-2) That's such a key point.

(S-1) Yeah.

(S-2) Sometimes we cling to things, even good things, that are actually holding us back.

(S-1) Humm.

(S-2) It could be a job that pays well but drains our soul, or a relationship that's become more obligation than joy.

(S-1) Wow.

(S-2) Or even a belief about ourselves that no longer reflects who we are.

(S-1) It's like he's giving them permission to question everything.

(S-2) Yeah.

(S-1) And make choices that truly align with their values and aspirations.

(S-2) And that takes a lot of courage, doesn't it?

(S-1) Oh, yeah.

(S-2) Letting go of the familiar, even if it's not ideal, can feel incredibly risky. But it's often in those moments of letting go that we discover who we truly are,

(S-1) Right.

(S-2) and what we're capable of becoming.

(S-1) It's like clearing space for something new and maybe even better to emerge.

(S-2) Exactly. But before we dive deeper into that, I'm curious about the practical techniques the father recommends for actually putting this philosophy of letting go into action.

(S-1) Great point. Let's unpack those in our next segment. You'll be amazed at how simple yet profound his advice can be.

(S-2) It's really fascinating how he blends that ancient wisdom with like modern psychology. He's reminding us that practices like mindfulness and gratitude. They aren't just like trendy self-help fads, they have deep roots in human experience.

(S-1) Totally. And he weaves them in so organically.

(S-2) Yeah.

(S-1) Remember how he suggested Lac and incorporate a few minutes of mindful breathing into his morning routine. Seems so simple, but think about the impact that could have on a stressed out college student.

(S-2) Oh, it's huge. It's like hitting the reset button for your whole nervous system,

(S-1) Right.

(S-2) Studies have shown that even just a few minutes of focused breathing can reduce cortisol levels.

(S-1) Wow.

(S-2) Lower blood pressure, even improve sleep quality.

(S-1) It's not just about stress reduction, either.

(S-2) No.

(S-1) Mindfulness can also help you become more aware of your thoughts and emotions,

(S-2) Right.

(S-1) which is crucial for making conscious choices about what you want to hold on to and what you need to let go of.

(S-2) It's like you're cultivating this mental muscle,

(S-1) Okay.

(S-2) that allows you to observe your inner world without getting swept away by it,

(S-1) Right.

(S-2) and that ability to observe is key to making intentional choices about what you allow to influence your well-being.

(S-1) The father also emphasized the importance of accepting failure as a learning opportunity, not a personal defeat.

(S-2) Yeah.

(S-1) I love how he encouraged Lac to reframe the question after a setback.

(S-2) Okay.

(S-1) Asking himself, what have I learned from this? How can I approach it differently next time?

(S-2) That shift in perspective is so powerful. It takes the sting out of failure and transforms it into valuable feedback. Instead of getting stuck in self-lame, you're empowered to kind of adjust your course and try again.

(S-1) It's like he's teaching Lac to become an agile learner, adapting and evolving based on experience.

(S-2) Exactly.

(S-1) And speaking of adapting, the father also cautioned Lac about the dangers of chasing those unrealistic expectations.

(S-2) Mhm.

(S-1) He even suggested questioning the pressure to achieve perfect grades,

(S-2) Right.

(S-1) Encouraging Lac to really define success on his own terms.

(S-2) That's a message I wish I had heard more growing up.

(S-1) I know.

(S-2) It's so easy to internalize those external pressures and lose sight of what truly matters to us. Letting go of those unrealistic expectations can be like a process of rediscovering your authentic self.

(S-1) And that sense of authenticity is so crucial for well-being.

(S-2) Absolutely.

(S-1) When you're living in alignment with your values, your goals, your true self, it just creates a sense of ease and flow.

(S-2) It's like you're finally swimming with the current instead of constantly fighting against it. And you know, it's interesting how the father didn't just focus on the mental and emotional aspects of letting go.

(S-1) Okay.

(S-2) He also emphasized the importance of self-care.

(S-1) Yes. Remember how he encouraged Lac to listen to his body and take time to rest when he needed it,

(S-2) Right.

(S-1) It's like he was reminding him that self-care isn't selfish. It's essential for sustainability.

(S-2) It's about recognizing that you can't pour from an empty cup,

(S-1) Right.

(S-2) You need to replenish your energy and resources to show up fully in your life.

(S-1) Absolutely.

(S-2) And that can look different for everyone. For some,

it might be getting enough sleep, eating, nourishing food, or moving their body. For others, It might be spending time in nature, pursuing creative hobbies,

(S-1) Right.

(S-2) or simply allowing themselves moments of quiet reflection.

(S-1) It's about honoring your individual needs.

(S-2) Yeah.

(S-1) And giving yourself permission to prioritize those needs.

(S-2) Exactly. Now, shifting gears to I was struck by how the father approached those unique challenges of adolescence with such empathy and understanding.

(S-1) He really met her where she was at, acknowledging the intensity of those teenage years,

(S-2) Right.

(S-1) Validating her feelings of confusion. insecurity and even that sense of being different.

(S-2) It's like he was saying, it's okay to feel all the feels. This is a messy, beautiful, and sometimes overwhelming time.

(S-1) Yeah.

(S-2) And you're not alone in experiencing it.

(S-1) That kind of validation can be so reassuring for

teenagers.

(S-2) Absolutely.

(S-1) Who are often bombarded with messages that they need to have it all figured out.

(S-2) It's a reminder that it's okay to be in process,

(S-1) Right.

(S-2) To be figuring things out as you go.

(S-1) And I love how he emphasized that true strength doesn't always mean going at alone. He encouraged An to recognize when she needs support and to reach out to others.

(S-2) That's such a crucial life skill and it's something we often don't learn explicitly. It's like we're taught to value independence to the point that we're afraid to ask for help even when we desperately need it.

(S-1) It's almost like he's giving her permission to build that supportive community around her,

(S-2) Right.

(S-1) Which can be such a lifeline during those turbulent teenage years.

(S-2) Absolutely. And when it comes to practical tips, remember his advice about focusing on on the present moment.

(S-1) Yes.

(S-2) He suggested that whenever Anne feels anxious, she should pause, take a few deep breaths, and remind herself, I am living in this moment.

(S-1) It's a technique that can be so beneficial for anyone.

(S-2) Oh, for sure.

(S-1) But especially for teenagers who are often prone to worrying about the future or dwelling on the past,

(S-2) Right.

(S-1) It's about grounding yourself in the here and now.

(S-2) Yeah.

(S-1) And it aligns beautifully with the principles of mindfulness.

(S-2) He even connected it to something very relatable for An anxieties.

(S-1) Right. Instead of getting caught up in a spiral of whatifs, he suggested she focus on the task at hand,

(S-2) Right.

(S-1) bringing her attention back to the present moment.

(S-2) It's a simple but powerful way to interrupt that cycle of anxious thoughts and regain a sense of control.

(S-1) And it's a skill that can be applied to so many other areas of life, from social situations to performance anxiety.



(S-2) Totally. I also appreciated how he encouraged An to accept the changes happening in her body and emotions as a natural part of growing up.

(S-1) Yeah.

(S-2) It's almost like he was subtly trying to counter some of those unrealistic beauty standards and societal pressures,

(S-1) Right.

(S-2) That can be so damaging to young girls self-esteem.

(S-1) It's about cultivating self-acceptance.

(S-2) Yeah.

(S-1) And recognizing that those changes are not flaws, but rather signs of growth and development.

(S-2) It's about embracing that journey of becoming with all its awkwardness and beauty.

(S-1) And you know, he also tackled that topic of comparison.

(S-2) Oh, of course,

(S-1) which is something we all struggle with.

(S-2) We all do.

(S-1) He told An that comparing herself to others will only lead to feeling inadequate,

(S-2) Right.

(S-1) And instead, she should focus on her own unique journey and celebrate her own progress.

(S-2) It's so easy to fall into that trap of comparing our behind the scenes to everyone else's highlight reel.

(S-1) I know. Especially in the age of social media.

(S-2) Exactly. But the truth is, everyone is on their own unique path and we all have our own strengths and challenges.

(S-1) Right. He even gave a specific example related to academics.

(S-2) Okay.

(S-1) He said, "Instead of feeling bad because your friends seem to be doing better than you in school. Remind yourself that everyone learns at their own pace. Find what study methods work best for you and focus on gradual improvement.

(S-2) I love that it's about shifting the focus from competition to self-discovery and celebrating those individual learning styles.

(S-1) It's about recognizing that there's no one-size fits-all approach to success.

(S-2) Absolutely. And speaking of success, I think it's so valuable that the father encouraged both Lac and An to question their definitions of success. Are they chasing external validation or are they pursuing goals that truly align with their values and aspirations?

(S-1) That's such a key question.

(S-2) Yeah.

(S-1) It's about defining success on your own terms, not by someone else's standards.

(S-2) Right. It's about creating a life that feels authentic and meaningful to you.

(S-1) It's about letting go of the shoods and embracing the wants.

(S-2) Exactly. And you know, it's interesting how the father also emphasized the importance of self forgiveness. He reminded him that everyone makes mistakes and it's more important to learn from those mistakes and move on than to dwell in guilt and shame.

(S-1) It's about cultivating self-compassion.

(S-2) Yeah.

(S-1) And recognizing that making mistakes is an inevitable part of the learning process. And that learning process doesn't stop when we graduate from school.

(S-2) No.

(S-1) it's a lifelong journey.

(S-2) It's about embracing the messy, imperfect beauty of being human. And speaking of messy and beautiful, the father also encouraged An to cultivate gratitude even amidst the challenges of adolescence.

(S-1) Right.

(S-2) He suggested that she take some time each day to reflect on the things she's thankful for, no matter how small.

(S-1) That's such a powerful practice for shifting our perspective, especially when we're feeling overwhelmed or discouraged.

(S-2) Yeah.

(S-1) It's about training our minds to focus on the good, even amidst those inevitable ups and downs of life.

(S-2) It's like building a mental immune system that helps us bounce back from adversity with more resilience.

(S-1) And you know, it's fascinating how this simple practice of gratitude can have such profound ripple effects on our well-being.

(S-2) It's almost like a superpower we all possess.

(S-1) Yeah.

(S-2) But often forget to use.

(S-1) And just like with Lac, the father encouraged An to prioritize self-care, reminding her that it's okay to take time for herself, to do things she enjoys, and to replenish her energy.

(S-2) It's about recognizing that self-care isn't a luxury, it's a necessity,

(S-1) Right.

(S-2) It's about honoring your needs and giving yourself permission to recharge and refuel.

(S-1) It's about creating that sustainable rhythm for life, one that allows you to show up as your best self for yourself and for others.

(S-2) You know, it's amazing how the father managed to weave so much wisdom into this letter.

(S-1) I know.

(S-2) He's covered everything from mindfulness and self-compassion to the importance of gratitude and self-care.

(S-1) It's incredible.

(S-2) But what truly struck me is how he didn't just tell his children what to do. He empowered them to think for themselves.

(S-1) Right. He encouraged them to question their assumptions, to define their own values, and to make choices that align with their authentic selves.

(S-2) Exactly.

(S-1) It's like he was planting the seeds for a lifelong journey of self-discovery and growth.

(S-2) Exactly. And you know, it's interesting to think about how this concept of letting go can apply not only to the challenges of adolescence and young adulthood, but also to the complexities of midlife and beyond.

(S-1) What are the things we might need to let go of as we enter new stages of life as our priorities shift and as we continue to evolve?

(S-2) That's a great question. It makes me wonder if letting go is less about achieving a specific outcome,

(S-1) Right.

(S-2) and more about embracing a way of being in the world. a willingness to adapt, to surrender to the flow of life, and to trust that something beautiful can emerge from even the most difficult experiences.

(S-1) I think that's a beautiful way to put it. It's about letting go of the illusion of control and embracing the mystery of what's next.

(S-2) It's about recognizing that letting go isn't a sign of weakness. It's an act of courage, an expression of trust in ourselves and in the unfolding of life. And you know, it's interesting to consider how this concept of letting go can apply not only to our personal lives, but also to the broader societal challenges we're facing.

(S-1) What do you mean?

(S-2) Well, think about the political polarization we're seeing, the environmental crisis, the economic disparities. It's easy to get caught up in anger, fear, and a sense of hopelessness. But what if we applied the principles of letting go to these challenges?

(S-1) That's a really intriguing idea. Could letting go actually be a path to creating a more just and sustainable world?

(S-2) It's definitely something to consider. What if instead of clinging to our ideologies and our needs, to be right. We were willing to listen to different perspectives, to find common ground, to let go of the things that divide us.

(S-1) And what if instead of feeling paralyzed by the enormity of the environmental crisis, we each took small but meaningful steps to reduce our impact, trusting that collective action can make a difference.

(S-2) It's about shifting from a mindset of scarcity and fear to one of abundance and possibility.

(S-1) It's about letting go of the old paradigms that are no longer serving us and embracing new ways of thinking, being and relating to one another.

(S-2) And you know, it's interesting to think about how the father's advice in this letter might even apply to the realm of technology. Well, think about the way we're constantly bombarded with information. The pressure to be constantly connect the fear of missing out.

(S-1) It's almost like technology has created its own set of attachments that we might need to learn to let go of.

(S-2) Exactly. What if we were more intentional about our technology use setting boundaries, creating space for digital detox, and remembering the importance of face to face connection.

(S-1) It's about finding a healthy balance, isn't it?

(S-2) Yeah.

(S-1) Embracing the benefits of technology without letting it consume us.

(S-2) It's about remembering that we're in control, that we have the power to choose how we engage with technology, and that we can let go of those digital attachments that are no longer serving us.

(S-1) I love how this conversation about letting go has expanded to encompass so many different aspects of our lives.

(S-2) Yeah.

(S-1) From our personal well-being to our relationships to the broader challenges facing our world.

(S-2) It's like this one simple concept has the potential to unlock so much wisdom and possibility.

(S-1) And you know, it's interesting to think about how the father focused primarily on letting go of negative things, fears, regrets, unrealistic expectations,

(S-2) Right.

(S-1) But what about letting go of positive attachments?

(S-2) That's a really intriguing question. What if there are times when even positive attachments, certain relationships, identities, or beliefs might be holding us back in some way?



(S-1) It's almost counterintuitive, right? We're conditioned to hold on to the good things to cherish them.

(S-2) Exactly. But sometimes those good things can become burdens if they're no longer aligned with who we are or what we want out of life. It's like that old saying, sometimes you have to let go of the good to make room for the great.

(S-1) I love that. So, how do we know when a positive attachment might be holding us back? And how do we find the courage to let go even when it feels scary or counterintuitive?

(S-2) Those are great questions and ones that deserve a deeper exploration. Let's delve into that in our final segment.

(S-1) Yeah, it's almost like a paradox, isn't it? Like we might need to let go of things that bring us joy or comfort or a sense of identity.

(S-2) Yeah, it's definitely a complex concept.

(S-1) Yeah.

(S-2) But what if those positive attachments, they've kind of served their purpose. They've helped us grow and learn, but now they're actually keeping us from stepping into like a fuller expression of ourselves. Like we've outgrown a favorite sweater.

(S-1) Oh yeah.

(S-2) You know, it's cozy and familiar

(S-1) Right.

(S-2) but it no longer fits who we are today.

(S-1) I love that analogy.

(S-2) So, how do we even know when a positive attachment might be holding us back?

(S-1) Right.

(S-2) What are some signs we can look out for?

(S-1) That's a great question. I think one clue is like a sense of stagnation.

(S-2) Okay.

(S-1) Maybe you're feeling stuck in a rut, uninspired, or like you're just going through the motions. It's like there's this little voice inside that's whispering, "Is this all there is?"

(S-2) That feeling of being out of alignment with your true self.

(S-1) Exactly. And it can manifest in different ways. Maybe Maybe you're clinging to a relationship that was once vibrant but has become more draining than nourishing.

(S-2) Okay.

(S-1) Or perhaps you're holding on to a belief about yourself.

(S-2) Yeah.

(S-1) Like I'm not good at math or I'm not the creative type that's limiting your potential.

(S-2) It's almost like we're trapped by our own stories. And those stories can be incredibly powerful even if they're no longer true.

(S-1) Right.

(S-2) So, how do we start to rewrite those stories? How do we find the courage to let go of those positive attachments that might be holding us back?

(S-1) That's the million-dollar question.

(S-2) Yeah.

(S-1) It feels so counterintuitive to let go of something that brings us joy or comfort, even if we recognize that it might be limiting us in some way.

(S-2) It definitely takes courage. And I think it often starts with self-awareness. Ask yourself, what am I holding on to so tightly that it's preventing me from fully experiencing life? It might be a relationship, a job, a belief, a habit.

(S-1) Yeah.

(S-2) Anything that's become more of a weight than a wing.

(S-1) What if that self reflection brings up feelings of fear or resistance.

(S-2) Yeah.

(S-1) I mean, it can be scary to step outside of our comfort zones, even if we know it's for the best.

(S-2) Absolutely. It's important to acknowledge those feelings. Letting go can be like a grieving process.

(S-1) Okay.

(S-2) Honor the role that those attachments have played in your life, but also recognize when it's time to move on.

(S-1) It's like thanking that old sweater for its warmth and comfort before donating it to someone who might need it more.

(S-2) I love that. It's about recognizing that letting go doesn't have to be an act of rejection. It can be an act of love.

(S-1) Interesting.

(S-2) For yourself and for the possibilities that lie ahead.

(S-1) And sometimes letting go might simply mean shifting our perspective. Maybe instead of clinging to a specific outcome,

(S-2) Right.

(S-1) We can embrace the journey and trust that things will unfold as they should.

(S-2) That's a beautiful way to look at it. It's about surrendering to the flow of life, knowing that we don't always have to control everything.

(S-1) Right.

(S-2) It's about finding that sweet spot between effort and surrender, between taking action and letting go.

(S-1) So, it sounds like letting go is not a one-time event.

(S-2) No.

(S-1) It's like a continual practice, something we weave into our daily lives moment by moment, choice by choice.

(S-2) It's a lifelong journey of shedding what no longer serves us and making space for new growth, new possibilities, and a deeper connection to ourselves and the world around us.

(S-1) I think that's a beautiful note to end on. So, as you go about your day, ask yourself, what am I holding on to that might be preventing my own stream from flowing freely? And remember, Letting go is not about giving up. It's about creating space for something new to emerge.

(S-2) It's about trusting that the river of life will always carry us forward, even when we're not sure where we're going. Thanks for joining us on this deep dive into the power of letting go.

End.

MP3: The Transformative Power Of Turning Attachment Into Letting Go

<https://moingaymotchuyen.com/Attachment-Letting Go>

# The Power Of Transforming Hatred Into Love

(S-2) Hey everyone, welcome back. Ready for a deep dive into something pretty unique?

(S-1) Oh yeah, this one's a bit different.

(S-2) Yeah. Um, we're looking at a letter, actually. A letter from a father to his two kids.

(S-1) Mhm.

(S-2) Lac who's 20 and at university figuring things out, you know, and An his 15-year-old daughter who's still in high school.

(S-1) So, like classic dad advice.

(S-2) Well, that's where it gets interesting because it kind of is, but it's also so much more. It's like a guide almost. on how to turn hate into love.

(S-1) Wow, that's a big topic.

(S-2) Yeah. And what's cool is that even though it's written for his kids, I think there's stuff in here that anyone at any age can relate to.

(S-1) I can see that. I mean, everyone deals with those kinds of feelings at some point, right?

(S-2) Exactly. And right from the start, he uses this powerful metaphor. He compares hatred to carrying

around a heavy stone.

(S-1) Oh, I like that.

(S-2) Yeah. It weighs you down, holds you back, but it doesn't actually hurt anyone else, just you.

(S-1) That's such a good visual. You're lugging around all that negativity.

(S-2) Exactly. And then he contrasts that with love, which he describes as a light that guides you forward.

(S-1) Okay, I see where he's going with this. So, it's not just about avoiding hate. It's about actively cultivating love.

(S-2) You got it. And it's not just all these abstract concepts either. He makes it real by connecting it to what his kids are going through. Like Lac being in university, there's all that pressure to succeed, you know?

(S-1) Yeah. Tough classes, figuring out your career, that whole existential thing,

(S-2) Right. And his dad totally gets it. But he encourages Lac to embrace self-love and acceptance even when things get tough, even when he makes mistakes.

(S-1) Oh yeah. It's like he's saying, "Look, failure is going to happen. It's part of life."

(S-2) And there's so much research to back that up, right? Like self-compassion, especially when you're struggling, it's so important.

(S-1) Absolutely. It's foundation for resilience.

(S-2) And he actually says, "Failure is not the enemy, it's a teacher."

(S-1) Oh, I love that.

(S-2) Right. It's about reframing how you see those setbacks.

(S-1) Because like in cognitive behavioral therapy, they talk a a lot about reframing your thoughts.

(S-2) Oh yeah. To change how you feel about things.

(S-1) Exactly.

(S-2) Yeah.

(S-1) So instead of seeing failure as this big personal defeat, you can see it as feedback like, okay, what can I learn from this?

(S-2) How can I grow from this?

(S-1) Exactly.

(S-2) Now An his daughter, she's dealing with a whole other set of challenges.

(S-1) Yeah. Being 15 is tough.

(S-2) Right. All those teenage emotions, feeling insecure, dealing with peer pressure, loneliness. He really captures what it's like to be that age.

(S-1) And it's important to understand those developmental stages, you know.



(S-2) Oh, absolutely.

(S-1) Adolescence is such a time of intense change, not just physically, but emotionally, mentally, too.

(S-2) Yeah. Their brains are literally being rewired.

(S-1) Exactly. So, his advice to her is really tailored to where she's at.

(S-2) And he guides her toward understanding, you know, forgiving others, focusing on the good stuff even when things feel unfair.

(S-1) Because, let's face it, life isn't always fair.

(S-2) No, it's not. But he reminds her that everyone's fighting their own battle. Judging or hating others, it just adds to the burden you're already carrying.

(S-1) It's about remembering that shared humanity, right?

(S-2) Yeah. We all mess up. We all get hurt. We all have our own stuff going on.

(S-1) Exactly. So, choosing empathy over judgment, understanding over blame.

(S-2) It's like that's what allows us to connect to be compassionate.

(S-1) Exactly.

(S-2) So, you see, it's not all just like big sweeping statements about love and hate. He gets really specific.

(S-1) Oh, that's great. So, what kind of advice does he give?

(S-2) Well, he actually gives them and us by extension practical techniques.

(S-1) Oo, I like that. So, like actionable steps.

(S-2) Yeah. Ways to actually put these ideas into practice in our own lives.

(S-1) I'm all ears.

(S-2) So, he starts with self-reflection.

(S-1) Okay. Classic first step.

(S-2) Yeah. And he tells Lac, "The first step is learning to recognize and accept yourself. It's about taking a moment to understand where those negative feelings are coming from instead of just, you know, reacting to them blindly."

(S-1) It's about self-awareness, right?

(S-2) Exactly.

(S-1) Like hitting the button and really tuning in to what's happening inside.

(S-2) Totally. And once you understand why you react the way you do, you can start to choose different responses.

(S-1) That's where the power comes in. It's about making conscious choices.

(S-2) Yeah. And he gives a great example. Like let's say Lac doesn't get the grades he was hoping for.

(S-1) Been there,

(S-2) Right. But instead of getting angry or beating himself up about it,

(S-1) this is so easy to do.

(S-2) It is. He says, "Take a step back. Figure out what went wrong. How could you approach things differently next time?"

(S-1) It's about turning a negative experience into a learning opportunity.

(S-2) Exactly. And he ties this back to self love. He says this is self-love and self-acceptance which helps you let go of hatred and move towards love.

(S-1) That's powerful.

(S-2) So by understanding and accepting ourselves, flaws and all,

(S-1) we create space for love to grow.

(S-2) Exactly.

(S-1) Both for ourselves and for other people.

(S-2) Okay. So next he talks about forgiveness.

(S-1) Another big one.

(S-2) Yeah. And I love how he emphasizes that it's not just about forgiving others, it's about forgiving yourself, too.

(S-1) Oh, that's important. We're often our own harshest critics.

(S-2) Right. And he's not saying you have to condone hurtful actions, but holding on to that anger, that resentment,

(S-1) it just keeps you stuck.

(S-2) Totally. And he gives this really interesting suggestion. He says to actually write a letter to the person who hurt you.

(S-1) Humm even if you never send it.

(S-2) Yep. He says it's a way to process your feelings, to release that negativity,

(S-1) to create space to move on.

(S-2) Exactly. It's about taking control of your own emotional well-being.

(S-1) That's so It's like you're not waiting for the other person to apologize or change,

(S-2) Right.

(S-1) you're taking responsibility for your own healing.

(S-2) And then he has this really cool technique.

(S-1) Oh, tell me.

(S-2) Finding beauty in misunderstandings.

(S-1) Okay. How do you do that?

(S-2) He says to Lac, in every misunderstanding, there's a valuable lesson if you know how to look for the beauty in it.

(S-1) I love that. It's like turning a negative into a positive.

(S-2) Right. So instead of seeing misunderstandings as purely bad,

(S-1) you're looking for the lesson, the opportunity for growth.

(S-2) Yeah. So, for example, if Lac is having problems in a group project,

(S-1) Oh yeah, those can be a nightmare.

(S-2) Instead of getting mad at his teammates, he can use it as a chance to work on his communication skills or his ability to cooperate.

(S-1) It's about asking, okay, what can I learn from this? How can I use this to become better?

(S-2) Right. A better communicator, a better teammate, a more resilient person.

(S-1) It's amazing how he keeps finding the positive even in situations that could breed negativity.

(S-2) It's like he's teaching his kids and all of us listening how to be emotionally intelligent

(S-1) and giving them the tools to navigate life's challenges with grace. It's not about avoiding difficult situations. It's about facing them with a new perspective. And it's not just about like personal conflicts either. He applies this to bigger stuff, too,

(S-2) Right. Like no matter what you're facing.

(S-1) Exactly. Don't get bitter, get better.

(S-2) Love it. Okay, so we've got self-reflection, forgiveness, but there's more. He then talks about judging others specifically He tells Lac to stop being so critical and to try practicing empathy instead.

(S-1) Oh yeah, judgment. That's a tough one,

(S-2) Right. And he gives this really practical tip. He says, "If you feel uncomfortable with someone, instead of criticizing them, try to understand them. See if you can learn from their actions."

(S-1) Wow. It's like turning a potential conflict into a learning experience.

(S-2) Exactly. And this applies to so many things, not just personal relationships.

(S-1) Oh, yeah. I can see that. Like differences in opinions.

(S-2) Right. Instead of shutting down or getting defensive,

(S-1) you get curious.

(S-2) Yes. Now, this next one, I got to admit, I struggle with this one. Creating space for silence.

(S-1) Oh, interesting. Tell me more.

(S-2) He tells Lac, "Silence is one of the important elements that helps you reconnect with yourself."

(S-1) Hm. Yeah, I can see that.

(S-2) Like making time for meditation or just quiet contemplation.

(S-1) It's so important, especially these days.

(S-2) I know we're constantly bombarded with information, always plugged in,

(S-1) but carving out that quiet time.

(S-2) It lets you actually hear your own thoughts.

(S-1) It's like hitting the reset button.

(S-2) Totally. Even something as simple as sitting alone in your room, listening to some calming music,

(S-1) just letting yourself unwind.

(S-2) Yeah. And there's tons of research now on the benefits of mindfulness and meditation.

(S-1) Oh, for sure. Reducing stress, improving focus, regulating emotions.

(S-2) Okay, next up, gratitude.

(S-1) Ooh, a classic,

(S-2) Right. But he puts it so beautifully. He tells Lac, "One of the most powerful ways to transform hatred into love is living with gratitude. Look at the good things around you. Be thankful for what you have.

(S-1) It's such a simple concept, but so powerful.

(S-2) Right. And he suggests like start each day by thinking of a few things you're grateful for.

(S-1) Your family, your health, even just waking up to a new day.

(S-2) Exactly. It's about starting your day with that positive mindset.

(S-1) And gratitude doesn't just make you feel good. It actually has a ton of benefits.

(S-2) Oh, yeah. Like what?

(S-1) Increased happiness, better sleep, even stronger relationships.

(S-2) Wow. It's like a superpower.

(S-1) It really is.

(S-2) Okay. So, Now he shifts gears a bit and focuses on An his daughter.

(S-1) Okay.

(S-2) You know, being a teenager, it comes with its own unique set of challenges. He starts with self-love. And I think this is so important for young people, especially now with social media and everything.

(S-1) Oh, yeah. All that pressure to look a certain way, be a certain way.

(S-2) And he really seems to understand how self-conscious teenagers can be.

(S-1) They're constantly comparing themselves to others

(S-2) which can lead to a lot of self-doubt, you know.



(S-1) Absolutely. And that makes them vulnerable to those feelings of hatred. both towards themselves and others.

(S-2) He reminds her that she's unique, that she's valuable just as she is.

(S-1) It's such an important message, especially in a culture that's always telling you you're not enough,

(S-2) Right. He encourages her to stop comparing herself and learn to love and accept yourself, flaws and all.

(S-1) It's about recognizing that true self-love is unconditional.

(S-2) Exactly. It's not based on what you achieve or how you look.

(S-1) It's about accepting yourself right now in this moment.

(S-2) Then he brings up forgiveness again.

(S-1) Okay.

(S-2) But this time he really emphasizes that it's crucial for yourself.

(S-1) So not just forgiving others, but forgiving yourself.

(S-2) Yes, he knows that others are going to hurt her. It's inevitable.

(S-1) It's part of life.

(S-2) But holding on to that anger and resentment, it's just going to weigh her down.

(S-1) It's about making the choice to let go and move on.

(S-2) And he gives this example like imagine a close friend breaks a promise.

(S-1) Ouch. Yeah, that hurts,

(S-2) Right. But instead of getting mad or dwelling on it, he suggests trying to understand why your friend might have done that.

(S-1) Maybe they had their own reasons, their own struggles.

(S-2) Exactly. And choosing to forgive them. It doesn't mean what they did was okay. It just means you're choosing to move on.

(S-1) It's about recognizing that everyone makes mistakes.

(S-2) We're all human. We all have our own stuff going on.

(S-1) And choosing empathy over judgment. That's what allows for healing.

(S-2) Okay. Ready for some more gold?

(S-1) Get me.

(S-2) He tells An, "Don't let negativity control you."

(S-1) Ooh, that's a good one.

(S-2) He knows life is going to throw curveballs. There will be disappointments.

(S-1) But it's about how you respond to those challenges,

(S-2) Right. You can choose to let them define you or you can choose to learn from them.

(S-1) It's about building that resilience.

(S-2) He gives an example of a tough situation at school instead of getting consumed by anger or resentment.

(S-1) He tells her to focus on finding solutions.

(S-2) Yes, be proactive. Take control of the situation.

(S-1) It's like you have a choice. You can be a victim or you can be empowered.

(S-2) And that's a power message for anyone, but especially for teenagers.

(S-1) Oh, for sure. They're dealing with so much negativity already.

(S-2) Exactly. Okay. Here's another one that I think we could all use a reminder of. Find joy in small things.

(S-1) Ah, yes. The simple pleasures.

(S-2) He reminds then that happiness isn't always about big achievements or grand gestures.

(S-1) It's often found in those everyday moments.

(S-2) Yes. He says things like reading a good book, playing sports, spending time with family,

(S-1) making time for things that you joy,

(S-2) no matter how small they seem.

(S-1) And that ties back to mindfulness, right?

(S-2) Oh, absolutely. Being present in the moment instead of dwelling on the past or worrying about the future.

(S-1) When you're mindful, you open yourself up to experiencing more joy.

(S-2) Love that. Okay. So, he then circles back to helping others.

(S-1) Okay.

(S-2) And he reminds that that it's not just a good deed. It's a practice of love.

(S-1) It's about putting love into action.

(S-2) He encourages her to find joy in helping friends, family, and people in need.

(S-1) It's about recognizing that we're all interconnected. You know,

(S-2) he gives this example of helping a classmate who's struggling. Even a small act of kindness can have a big impact

(S-1) both on the person you're helping and on yourself.

(S-2) And finally, this last piece of advice is so important, especially for teenagers.

(S-1) What's that?

(S-2) Make time for yourself. He encourages and to prioritize self-care.

(S-1) To not get so caught up in everything else that she forgets to take care of her own needs,

(S-2) Right. To set boundaries, to give herself permission to rest and recharge.

(S-1) It's not selfish, it's essential.

(S-2) He suggests things like taking time to relax, meditate, or just do things she enjoys.

(S-1) It's about making your well-being a priority.

(S-2) This father's advice, it's so insightful. It's like a road map for navigating life with grace and an open heart.

(S-1) He's not just telling them what to do. He's explaining why it matters.

(S-2) And what's so amazing is that it's timeless. This advice applies to everyone, no matter what your age or circumstances.

(S-1) Absolutely. Self-love, forgiveness, gratitude, compassion. These are universal principles.

(S-2) And it really hits home that he doesn't present these techniques as like a one-time fix,

(S-1) Right.

(S-2) It's about practice, consistent practice.

(S-1) It's like he says, "These habits aren't always easy to apply, but when you begin practicing them daily, they will become a natural part of your lives. It takes time. It takes effort, but it's so worth it."

(S-2) He gets it. Creating real change, lasting change. It's a process. It's not just going to happen overnight.

(S-1) Yeah. It's like building a muscle the more you use it, the stronger it gets.

(S-2) And all this talk about practice, it makes me think about neuroplasticity.

(S-1) Oh, yeah. The brain's ability to change and adapt.

(S-2) Exactly. So, by doing these positive things over and over, we're literally rewiring our brain

(S-1) for greater happiness, more resilience.

(S-2) Exactly. And he reminds his kids that it's a journey, not a destination. He says, "Lac and An, you will face many challenges and difficulties in your journey of growing up, but always remember that each step, each good action you take is part of the transformation in your souls. Like it's not about being perfect, it's about progress.

(S-1) Yeah, there will be setbacks, times when you fall back into old habits. But the important thing is to keep moving forward,

(S-2) keep learning, keep growing.

(S-1) He's acknowledging that life is going to be messy. There will be tough times, but he's also giving them this incredible sense of hope.

(S-2) He is. And then he ends the letter with this really powerful line. He says, "Be patient and practice every

day because only through persistence and determination can you build a beautiful life. full of love and peace.

(S-1) Wow, what a gift to give to his kids

(S-2) and to all of us really.

(S-1) It is.

(S-2) This whole deep dive, this exploration of turning hatred into love, it's a reminder that we all have that power, the power to create a more loving and fulfilling life, not just for ourselves, but for everyone around us.

(S-1) So, I'm curious as you've been listening, what's resonated with you? What stood out? What techniques feel like something you could try in your own life?

(S-2) Because these principles, self-love, forgiveness, gratitude, compassion, They're not just nice ideas. They're tools. Powerful tools for transformation.

(S-1) And the more we practice them, the bigger the impact we can have.

(S-2) Exactly. It creates a ripple effect of love and positivity.

(S-1) This letter, it's a reminder that love is a choice. It's something we practice and ultimately it's a force for good in the world. So, I'll leave you with this question. How will you choose to cultivate more love in your life today?

End. MP3: The Power Of Transforming Hatred Into Love

<https://moingaymotchuyen.com/Hatred-Love>

# The Power Of Transforming Conflict Into Peace

(S-2) Welcome to another deep dive. We got a really interesting letter sent in by a listener and I think this will be a good one.

(S-1) Oh yeah.

(S-2) This is a letter from a father to his two children and it's all about transforming conflict into peace.

(S-1) That's fantastic.

(S-2) So let's uh let's jump right in.

(S-1) Let's do it.

(S-2) All right. So we've got a letter from this father to his two kids.

(S-1) Okay.

(S-2) And he addresses them by name. So we know their names are Lac and 20 years old and a university student.

(S-1) Okay.

(S-2) So, he's dealing with all those pressures, you know, academics, thinking about his career, all that.

(S-1) Yeah. All those anxieties.

(S-2) Exactly. And then we've got An who's only 15, still in high school.



(S-1) Oh, wow.

(S-2) Dealing with all the stuff that comes with being that age,

(S-1) like puberty and

(S-2) Oh, yeah. social dynamics and

(S-1) Exactly.

(S-2) All of that. So, their dad really doesn't shy away from these challenges in his letter, does he?

(S-1) Not at all. He addresses them head-on and in a really positive way, actually.

(S-2) Yeah.

(S-1) You know, instead of just focusing on the negative side of things, He's saying like, "Hey, look at these as opportunities to learn and grow."

(S-2) Yeah. He's reframing these.

(S-1) Exactly. It's all about perspective.

(S-2) I like that.

(S-1) Yeah. And I think that's something that could really resonate with a lot of our listeners.

(S-2) For sure. I mean, think about it. How often do we get bogged down by challenges instead of seeing them as chances to learn and grow,

(S-1) Right. It's so easy to get stuck in that negative mindset.

(S-2) And I think what's really cool is he doesn't just tell Lac and An to suck it up or, you know, pretend these challenges don't exist.

(S-1) Yeah. He's not dismissive at all.

(S-2) He's like, "Okay, you're facing this. This is tough, but here's how you can tackle it head on.

(S-1) He's empowering them.

(S-2) Totally. And for Lac who's facing that mountain of academic pressure, you know, exams, deadlines, the whole shebang.

(S-1) Yeah. It can be overwhelming.

(S-2) The father suggests breaking down those massive tasks into smaller, more manageable steps.

(S-1) That's a classic productivity tip, right?

(S-2) It is, and it really works. I remember when I was in university and I had to write this huge research paper.

(S-1) I hate those.

(S-2) Oh, tell me about it. I was so overwhelmed I kept putting it off until the last minute.

(S-1) Procrastination at its finest,

(S-2) the worst. But then I finally sat down and broke the whole thing down into smaller chunks, like researching one section, then writing it, then editing it, and so on.

(S-1) So, you created like a step-by-step plan.

(S-2) Yeah, exactly. And it made the whole process so much less daunting.

(S-1) I can see how that would help.

(S-2) And, you know, thinking about Lac's situation, imagine him applying that to say preparing for a really tough exam.

(S-1) Yeah.

(S-2) Instead of freaking out about the whole thing. He could create a study schedule,

(S-1) Right. Break it down.

(S-2) Exactly. Break the material into smaller sections and just focus on mastering one concept at a time.

(S-1) It's like climbing a mountain. You don't just magically appear at the summit.

(S-2) Right. You got to take it one step at a time.

(S-1) And I think that's a really valuable lesson for anyone facing a big challenge.

(S-2) Absolutely. And you know, it's not just about academics either.

(S-1) No, not at all.

(S-2) This approach can be applied to so many areas of life. Work, relationships, personal goals.

(S-1) It's about regaining that sense of control.

(S-2) Exactly. Instead of feeling overwhelmed, you break it down and tackle it step by step.

(S-1) And what's really cool here is that the father isn't just giving advice. He's actually modeling a problem-solving approach.

(S-2) Yeah, I noticed that, too.

(S-1) He's encouraging Lac to not just react emotionally to challenges, but to actually analyze the situation, come up with a plan, and find solutions.

(S-2) He's giving him the tools to take charge.

(S-1) And I think that's such an important skill to have no matter what you're facing in life.

(S-2) Definitely. And you know, it's interesting how he then shift gears a bit to address An's ball who's dealing with a whole different set of challenges.

(S-1) Yeah, teenagers have their own unique struggles.

(S-2) Absolutely. It's all about self-image fitting in social dynamics.

(S-1) So much pressure

(S-2) and this is where the father's wisdom really shines through. He emphasizes the importance of self-love and inner strength.

(S-1) Okay.

(S-2) Especially when those external pressures are so intense.

(S-1) Yeah. Because teenagers are constantly bombarded with messages about how they should look, act, and behave.

(S-2) Right. And it can be so easy to lose sight of who you are in the midst of all that.

(S-1) Absolutely. So, the father is reminding that her worth doesn't come from external validation,

(S-2) like likes on social media or being part of the popular crowd.

(S-1) Exactly. He's saying, "You are valuable just as you are."

(S-2) He even points to her warm heart and pure soul as sources of strength.

(S-1) Oh, that's so sweet.

(S-2) It is. And it's such an important message for a teenager, especially in today's world where there's so much emphasis on external validation.

(S-1) I completely agree.

(S-2) It's like he's guiding her towards finding that validation from within.

(S-1) Exactly. And that's where true confidence comes from.

(S-2) I love how he's encouraging her to embrace her individuality

(S-1) and her unique qualities.

(S-2) Yeah. To recognize her own inherent worth.

(S-1) And it makes me think about how we as a society often prioritize achievement and external success.

(S-2) Oh yeah.

(S-1) Over internal well-being.

(S-2) And this father is reminding us that true peace comes from nurturing that inner sense of self-worth.

(S-1) It's a powerful message.

(S-2) Definitely. And you know, he doesn't stop there. The letter goes on to outline several practical methods for cultivating peace in everyday life.

(S-1) Oh, that's interesting. Tell me more.

(S-2) It's like he's giving them and us a toolkit.

(S-1) Oh, I like that analogy. A toolkit for peace.

(S-2) Exactly. He talks about accepting conflict, seeking empathy, practicing stillness, expressing gratitude. It's a pretty comprehensive list.

(S-1) It really is. And while some of these concepts might seem familiar, the father's approach is really unique in its simplicity. practicality.

(S-2) Yeah. It's not about grand gestures or complex philosophies,

(S-1) Right. It's about making small intentional shifts in our daily lives.

(S-2) Exactly like he's saying, look, life is going to throw curveballs.

(S-1) It always does.

(S-2) But you have the power to choose how you respond. You have the power to find peace even in the midst of chaos.

(S-1) I love that.

(S-2) And you know what else struck me?

(S-1) What's that?

(S-2) He lays out these tools for his children, but he doesn't dictate how they should use them.

(S-1) That's a good point.

(S-2) It's like an invitation to explore, to experiment, and find what works best for them.

(S-1) He is giving them the freedom to figure it out for themselves.

(S-2) Exactly. And that's so important, I think, especially for young people who are still figuring out who they are and what they want in life.

(S-1) Absolutely. It's about empowering them to find their own path.

(S-2) And as you were reading the letter, was there a particular method that jumped out at you? Something you felt could be especially helpful for either Lac or An.

(S-1) Let me think.

(S-2) Take your time.

(S-1) There were so many good ones, it's hard to choose.

(S-2) Yeah, there really were.

(S-1) But I think the one that really resonated with me was the one that really resonated with me was the idea of accepting conflict as a learning experience.

(S-2) Oh yeah.

(S-1) Because it's so easy to shy away from conflict, you know,

(S-2) Right. Just avoid it at all costs.

(S-1) Exactly. But the father is suggesting something totally different. He's saying lean into it.

(S-2) Don't run away from it.

(S-1) Exactly. Face it head on because within that conflict lies an opportunity to learn and grow.

(S-2) It's like that saying, you know, what doesn't kill you makes you stronger.

(S-1) Exactly. And it's especially interesting in the context of Lac situation. Well, imagine he's struggling in one of his classes.

(S-2) Okay.

(S-1) Instead of seeing it as a failure or getting discouraged, he could use it as an opportunity



(S-2) to figure out a different approach.

(S-1) Exactly. To understand his learning style better, to try new study strategies, or even reach out to his professor for help.

(S-2) It's about turning that negative experience into a positive one.

(S-1) And that takes a conscious effort.

(S-2) Yeah, it's a shift in perspective.

(S-1) And it reminded me of this study I read about where researchers found that people who view challenges as opportunities for learning were more likely to persevere and achieve their goals.

(S-2) That makes sense.

(S-1) It's all about mindset.

(S-2) Totally. And that connects back to another method the father mentions, you know, viewing conflict as an opportunity for growth.

(S-1) Oh, absolutely. It's like two sides of the same coin.

(S-2) They go hand in hand,

(S-1) reframing how we see challenges, you know,

(S-2) instead of roadblocks, they become stepping stones.

(S-1) And I think this is super relevant for An as well. You know, being in high school, with all the social pressures.

(S-2) Oh yeah, she's probably dealing with a lot of comparison and self-doubt.

(S-1) For sure. And if she can learn to see those moments of awkwardness or feeling left out as opportunities for growth

(S-2) to build resilience,

(S-1) that's huge.

(S-2) It is. I wish I had that kind of mindset back in high school.

(S-1) Me, too. High school can be brutal.

(S-2) Instead of beating myself up for not fitting in, I could have focused on developing my own interests,

(S-1) finding your tribe.

(S-2) Yeah. And building my confidence.

(S-1) That's a great point. And you know, speaking of finding peace, the father also emphasizes the importance of practicing stillness.

(S-2) Oh yeah, that's a good one.

(S-1) Taking time each day to just be to breathe, to quiet the mind.

(S-2) It's so simple, but we often forget to do it.

(S-1) Our lives are so busy and chaotic.

(S-2) Always go go.

(S-1) But even just 5 minutes of meditation can make a huge difference.

(S-2) You really think so?

(S-1) Oh, yeah. I found that it helps me to be less reactive, more focused, and better able to handle whatever comes my way.

(S-2) It's like hitting the reset button.

(S-1) Exactly. And it doesn't have to be meditation specifically,

(S-2) Right. It could be anything that brings you a sense of calm,

(S-1) going for a walk in nature, listening to music, spending time with a pet.

(S-2) It's about finding what works for you

(S-1) and making it a consistent practice.

(S-2) I like that. What about you? What does stillness look like for you?

(S-1) Well, for me, I find that spending time in nature is really grounding,

(S-2) like a walk in the park.

(S-1) Yeah. Or hiking in the woods. Something about being surrounded by trees and fresh air just helps me to clear my head.

(S-2) I can see that.

(S-1) And I've also been experimenting with journaling lately.

(S-2) Oh, yeah. I've heard that's helpful.

(S-1) It allows me to process my thoughts and emotions in a safe space.

(S-2) It's like a conversation with yourself.

(S-1) And you know, speaking of connection, the father also emphasizes the importance of seeking empathy,

(S-2) especially when dealing with conflict,

(S-1) Right. He's not saying to avoid disagreements or suppress your feelings,

(S-2) but to try and see things from the other person's perspective.

(S-1) It's about moving away from that me versus you mentality

(S-2) and embracing a more collaborative approach.

(S-1) Exact. Exactly. Because conflict is a natural part of life.

(S-2) We're not always going to agree

(S-1) and that's okay.

(S-2) The key is to approach it with understanding and compassion.

(S-1) I think that's particularly important for Lac as he navigates the complex dynamics of university life.

(S-2) Oh yeah. Group projects, relationships with professors.

(S-1) It's all about building bridges instead of walls.

(S-2) And for An too, imagine if she could approach those tricky high school social situations with empathy

(S-1) instead of getting caught up in the drama.

(S-2) She could see her class classmates as individuals with their own stories and struggles.

(S-1) It's about recognizing the humanity in others

(S-2) even when they're being difficult.

(S-1) And it's a skill that takes practice.

(S-2) It does because sometimes it's hard to see past our own frustrations,

(S-1) especially in the heat of the moment.

(S-2) But if we can pause and try to understand where the other person is coming from,

(S-1) it can make a world of difference.

(S-2) It really can.

(S-1) And you know, speaking of shifting perspectives, let's talk about gratitude.

(S-2) Oh yeah, that's a powerful one.

(S-1) The father encouraged is both Lac and An to make it a daily habit to acknowledge the good things in their lives.

(S-2) It's so easy to focus on the negative,

(S-1) the things that are wrong or missing.

(S-2) But when we consciously choose to appreciate the good,

(S-1) it can totally transform our outlook.

(S-2) It's like a mental reset button.

(S-1) And it doesn't mean ignoring the challenges,

(S-2) Right. It's about acknowledging the good alongside the bad,

(S-1) finding those glimmers of hope and joy even in difficult times.

(S-2) And the father suggests a really simple practice.

(S-1) What's that?

(S-2) Writing down three things you're grateful for each day.

(S-1) I've tried that before and it's amazing how quickly it can shift your mood.

(S-2) It's like a gratitude journal.

(S-1) And it's so accessible anyone can do it.

(S-2) It's just about taking a few minutes to reflect on the good things in your life.

(S-1) And it can have a ripple effect not just on our own well-being, but on our relationships as well.

(S-2) How?

(S-1) Well when we approach others from a place of gratitude,

(S-2) we're more likely to be kind and compassionate.

(S-1) Exactly. It sets a positive tone for our interactions.

(S-2) So, what are you grateful for?

(S-1) Humm, that's a good question. You know, I'm grateful for the simple things.

(S-2) Like what?

(S-1) A warm cup of coffee in the morning, a good book, a heartfelt conversation with a friend.

(S-2) Those are all good things.

(S-1) And I'm also incredibly grateful for the work that I do.

(S-2) Me, too.

(S-1) I get to connect with people like you and explore these fascinating topics that help us understand ourselves and the world around us a little bit better.

(S-2) It's a privilege.

(S-1) What about you? What are some things you're grateful for?

(S-2) Well, definitely the people in my life, my family, my friends, my partner.

(S-1) Those are the most important things.

(S-2) They are. And I'm also grateful for the work I get to do. It's fulfilling and challenging and it allows me to connect with people from all walks of life.

(S-1) That's fantastic. And you know, sometimes even something as simple as a beautiful sunset or a good laugh.

(S-2) Yeah.

(S-1) Can really lift my spirits and remind me of all the good in the world.

(S-2) It's those little moments of appreciation that can really make a difference,

(S-1) especially when life gets tough.

(S-2) And you know, brings us to another important element. The father emphasizes maintaining faith in yourself.

(S-1) Oh yeah, that's crucial.

(S-2) Especially for young people like Lac and An who are still figuring out who they are and what they want to achieve.

(S-1) It's about believing in your abilities even when you make mistakes or face setbacks.

(S-2) Trusting that you have the strength and resilience to overcome challenges.



(S-1) And what struck me is that the father didn't just tell his kids to have faith in themselves.

(S-2) He showed them why.

(S-1) Exactly. He reminded Lac of his past accomplishments. No matter no matter how small,

(S-2) as evidence of his capabilities.

(S-1) It's about building self-belief on a foundation of evidence

(S-2) instead of just empty words.

(S-1) And I think that's something we can all benefit from.

(S-2) Absolutely. Reminding ourselves of what we've already achieved,

(S-1) the challenges we've overcome.

(S-2) It helps to silence that inner critic,

(S-1) that voice that tells us we're not good enough.

(S-2) We all have it.

(S-1) But we can counter it with concrete proof of our strength and resilience.

(S-2) And you know, it's interesting how the father then shifts gears to talk about self-love,

(S-1) especially when addressing.

(S-2) It's not about vanity or ego,

(S-1) but about taking care of your physical and emotional well-being.

(S-2) Recognizing that you are worthy of care and attention,

(S-1) and that taking care of yourself is not selfish.

(S-2) It's essential

(S-1) for living a happy and fulfilling life.

(S-2) Setting boundaries, saying no when you need to,

(S-1) prioritizing activities that bring you joy.

(S-2) Like, he's giving An permission to put herself first,

(S-1) to fill her own cup so she can show up as her best self.

(S-2) And I think that message is so important, especially for young women

(S-1) where often how to please others

(S-2) and put their own needs on hold.

(S-1) It's about reclaiming that sense of agency,

(S-2) that power to choose what's best for you.

(S-1) And that's a message that resonates far beyond adolescence.

(S-2) We all need to hear it.

(S-1) And finally, he wraps up with a message of patience.

(S-2) Ah, patience of virtue, they say,

(S-1) encouraging both Lac and An to be gentle with themselves,

(S-2) to embrace the journey,

(S-1) and to trust that everything will unfold in its own time.

(S-2) It's a reminder that growth takes time,

(S-1) that it's okay to make mistakes

(S-2) to learn at our own pace

(S-1) and to celebrate the progress we're making even when it feels small.

(S-2) It's about silencing that inner critic that tells us we're not good enough or fast enough or successful enough.

(S-1) Embracing the messy, imperfect beauty of the journey,

(S-2) knowing that each step, each stumble is a part of our unique story.

(S-1) I love it.

(S-2) As we wrap up this part of the deep dive,

(S-1) Yeah.

(S-2) I'm really struck by how these seemingly simple methods can have such a profound impact on our lives.

(S-1) It's not about grand gestures or complex philosophies,

(S-2) but about those small intentional shifts that can ripple out and create waves of change.

(S-1) I'm curious to hear your thoughts as we've been discussing these methods. Has anything resonated with you particularly strongly?

(S-2) Humm, let me think for a minute.

(S-1) Take your time.

(S-2) It's funny, you know, as we've been talking, I keep coming back to that idea of stillness.

(S-1) Oh, yeah.

(S-2) I think for both Lac and An, especially being in those high pressure environments, you know, university and high school,

(S-1) Right. Lots of demands.

(S-2) Just taking a few minutes each day to disconnect and just reconnect with themselves could be so beneficial.

(S-1) I think so too. It's like you said earlier, hitting that pause button, tuning out all the noise and just listening to your own inner voice for a bit.

(S-2) And it doesn't have to be anything fancy.

(S-1) No.

(S-2) like you were saying before, it could be as simple as taking a few deep breaths, you know, before diving into a study session or maybe finding a quiet corner to listen to some music.

(S-1) Oh, yes.

(S-2) After a stressful day at school.

(S-1) Exactly. Little pockets of peace.

(S-2) That's it. And it kind of reminds me of how the father talks about accepting change as another key to finding peace.

(S-1) Oh yeah, change is constant.

(S-2) It is. And it's so easy to get caught up in resisting it

(S-1) to try and control everything,

(S-2) Right. But that just creates more tension and stress

(S-1) when really it's about learning to flow with it

(S-2) to embrace the unknown

(S-1) and for Lac, you know, with all those big decisions looming about his future,

(S-2) career path, relationships,

(S-1) it's natural to feel a bit overwhelmed.

(S-2) Sure.

(S-1) But if he can approach it with a sense of curiosity, an openness

(S-2) like an adventure.

(S-1) Who knows what amazing opportunities might come his way.

(S-2) Yeah. It's like he's being invited to see his future as this open road

(S-1) with endless possibilities.

(S-2) I like that. And for An too, going through so many changes already.

(S-1) Oh, absolutely.

(S-2) Physically, emotionally, socially,

(S-1) it's a lot to handle.

(S-2) It is. And if she can learn to accept those changes as just a natural part of growing up,

(S-1) Right.

(S-2) that could be so freeing.

(S-1) It's about letting go of the need to control everything,

(S-2) trusting the process that

(S-1) even those uncomfortable changes can lead to something good,

(S-2) to growth and self-discovery.

(S-1) And it brings us back to gratitude again.

(S-2) Oh yeah, we talked about that before.

(S-1) Because when we practice gratitude, it's not just about acknowledging the good.

(S-2) It's also about accepting what is, you know, the present moment as it is

(S-1) without getting stuck in the past or worrying about the future.

(S-2) Exactly. And it's that acceptance that can bring a sense of peace.

(S-1) It's like gratitude becomes the past.

(S-2) Peace.

(S-1) And I'm realizing as we talk, you know, the father kind of weaves all of these methods together.

(S-2) He does.

(S-1) It's not about mastering one technique in isolation,

(S-2) Right.

(S-1) But about creating this holistic approach,

(S-2) a way of life.

(S-1) Yeah. To live a more peaceful and fulfilling life,

(S-2) like a tapestry with all these different threads.

(S-1) I love that analogy.

(S-2) Each one contributing to the overall beauty of the piece. And what's really beautiful is that the father doesn't just preach these things.

(S-1) No.

(S-2) he embodies them

(S-1) in his letter. You mean?

(S-2) Yeah. He expresses so much love and support for his children,

(S-1) but also encourages them to find their own way.

(S-2) It's like he's saying, "I'm here for you always,

(S-1) that I trust you,

(S-2) to figure things out,

(S-1) to navigate your own journey."

(S-2) And that balance between support and empowerment is so crucial,

(S-1) especially for young people

(S-2) who are craving both.

(S-1) They want guidance, but they also want to feel independent.

(S-2) Exactly. And you know, it's amazing to think about the ripple effect this letter could have.

(S-1) You mean how it might impact not just Lac and An

(S-2) Right. but also their relationships, their communities. maybe even future generations

(S-1) like one person's commitment to peace can spread outward



(S-2) and create positive change in the world.

(S-1) Yeah, this beautiful thought.

(S-2) So, as we wrap up this deep dive into this incredible letter, what's your biggest takeaway?

(S-1) I think for me it's that reminder that peace isn't a destination, it's a journey.

(S-2) We're always working towards it

(S-1) and it's a practice that we cultivate day by day

(S-2) through our choices, our actions, how we interact with the world.

(S-1) And ultimately, it's up to each of us to find our own unique path

(S-2) to find that inner peace.

(S-1) It's a lifelong journey.

(S-2) Well said. So, as we leave this deep dive, I invite all of you listening,

(S-1) Yes.

(S-2) to think about what resonated most with you,

(S-1) what tools or practices you might want to try out

(S-2) in your own lives.

(S-1) How can you apply these principles to navigate your own challenges

(S-2) and create more peace within yourself

(S-1) and in your relationships with others?

(S-2) It's been such a pleasure exploring this insightful letter with you.

(S-1) It has.

(S-2) And I hope this deep dive has sparked some meaningful reflection for everyone listening

(S-1) and inspired you to embark on your own journey of transforming conflict into peace.

(S-2) That's a beautiful way to put it. Thanks for joining us on this deep dive and remember,

(S-1) Yes.

(S-2) the power to create peace lies within each of us.

End.

MP3: The Power Of Transforming Conflict Into Peace

<https://moingaymotchuyen.com/Conflict-Peace>

# The Power Of Transforming Suffering into Wisdom

(S-2) All right, welcome in everyone to another deep dive today. Um, you know how we always talk about turning those tough times into like I don't know, wisdom wins.

(S-1) Uh-hum.

(S-2) That's kind of what we're going to be looking at. We've got this really interesting letter. It's from a father to his two kids, a son who's in college, and a daughter who's still in high school. And it's all about how to use those like really hard times to become, I guess, a stronger person, more more wise.

(S-1) Yeah. And he used this great analogy of um remember little seeds struggling to break through the soil.

(S-2) Yeah.

(S-1) It's not just about like you know enduring hard times, right? It's about how the struggle is actually what helps the seed grow and and reach its full potential.

(S-2) Oh, okay. Yeah, I get it. So, it's not just about like gritting your teeth and bearing it, right? It's about actually using that struggle to to push yourself further.

(S-1) And it's it's interesting even thinking about it biologically, right? Like the seed actually has to break

down a little bit. Kind of like sacrificing part of itself to sprout and grow. Makes you think about the things we have to let go of maybe to achieve our goals.

(S-2) Right. So, the letter starts off by saying that everyone goes through tough times like that's just part of life, right? It's a universal thing. But, uh what makes people different is how they react to those challenges.

(S-1) Like he's really saying it's not about um avoiding suffering cuz like who can do that.

(S-2) Right.

(S-1) But it's about, you know, how to deal with it in a way that helps you grow. You know, there's this whole thing in psychology. It's called post-traumatic growth. It's this idea that yeah, Trauma can be awful, but it can also change you in a really deep way.

(S-2) So, it's like instead of letting those bad experiences just crush you, you can actually use them as a way to learn and I guess become a better version of yourself.

(S-1) Think of someone like uh Malala, you know?

(S-2) Yeah. Yeah.

(S-1) The one who was like shot by the Taliban. All because she was fighting for girls education and instead of being silenced by that, she became like an even stronger voice for change. It's a really intense example, but you know, it shows how going through something awful can make you incredibly resilient.

(S-2) Yeah, for sure. So, this letter is really interesting because he specifically talks about the challenges his kids are going through. His daughter being a teenager, she's got all that stuff going on like body image, pressure from friends, feeling like she's not good enough, all of that,

(S-1) Right. And when you think about it, adolescence is when your identity really starts forming.

(S-2) Yeah.

(S-1) Trying to figure out who you are, where you fit in, what you want to do with your life. And all this while your hormones are going crazy and you're trying to navigate friendship. and all that.

(S-2) Man, I remember those years feeling so self-conscious, like awkward, you know, and it was so easy to fall into that trap of comparing myself to others and just feeling like not good enough.

(S-1) Totally. And it seems like the father's trying to tell her, "Hey, those feelings are real. I get it." He's not dismissing them, but he's also trying to give her some ways to cope. Like he even says she should keep a journal to write down her feelings and to, you know, focus on her strengths instead of comparing herself to everyone else.

(S-2) So he's giving her tools to figure herself out and build up her confidence, which is so important when you're that age, right?

(S-1) Sure. Sure.

(S-2) Now his son's in his early 20s. So completely different set of challenges. That pressure to figure out a career, become independent, basically just figure out like what kind of adult you want to be.

(S-1) And it's interesting, he actually talks about those challenges as like opportunities to grow. He even says something about how um being uncomfortable is part of the journey.

(S-2) So instead of trying to shield his son from all the tough stuff. He's giving him ways to actually face it head on.

(S-1) Yeah. He even tells him to ask himself some pretty big questions like, uh, what's causing the suffering in the first place? And what can I learn from this experience? It's like he's encouraging his son to really look inward to solve problems, not just react emotionally.

(S-2) So instead of just getting stuck in a cycle of negativity, he's supposed to think about the situation, figure out the lessons, and use that knowledge to move forward.

(S-1) Exactly. And I think that's a really valuable skill for any no matter how old you are, cuz life's going to keep throwing challenges at you, right? It's how you respond that really shapes who you become.

(S-2) Absolutely. And speaking of responding to challenges, let's get into some of the specific techniques this father talks about in his letter. He seems to have this

really clear way of thinking about how to turn those hard times into like, you know, chances to grow.

(S-1) So, the first thing that really jumps out is the idea of seeing difficulties and suffering as opportunities to learn.

(S-2) Yeah. It's all about looking at things differently, right? Instead of saying why me, you say what can I learn from this?

(S-1) And he doesn't just say be positive, you know? He actually gives some concrete steps. Like let's say you're applying for a scholarship and you get rejected instead of getting all bummed out. You can use that experience to learn. Look at your application, figure out what you can do better, and then you can try again even stronger next time.

(S-2) It's kind of like that Thomas Edison thing, right, about finding 10,000 ways that don't work. Like failing isn't the end. And it's just part of the process.

(S-1) Exactly. And he says that this whole thing, this turning setbacks into learning experiences, it's something you got to keep doing. It's about making it a habit to ask yourself, what can I learn from this? Why is this so difficult? It's about going deeper, really figuring out the root of the problem.

(S-2) Like he's teaching her kids to be their own like life coaches, you know?

(S-1) Yeah.

(S-2) To have that voice inside that can guide them through anything.

(S-1) Exactly. And another big thing he talks about is the power of acceptance. Like realizing there are some things in life you just can't change. So instead of wasting energy fighting against it, you accept it and focus on the things you can't control.

(S-2) It's like letting go of the need to control everything and just going with the flow even when it takes you in directions you didn't expect.

(S-1) And sometimes that means embracing being alone. He talks about how solitude can actually make you stronger, wiser, give you a chance to, you know, really connect with yourself and get clear of what you believe in. What you want to achieve,

(S-2) which can be tough, you know, especially these days when we're always connected to something. It's hard to find that quiet time to just think.

(S-1) It is. But he's saying those moments alone when you shut out all the noise and just listen to yourself, those are crucial for growing as a person. They give you time to process everything, learn from your experiences, and come out of it with a renewed sense of purpose.

(S-2) It's like hitting the reset button on your mind, right?

(S-1) Yeah.

(S-2) Giving yourself space to reconnect with who you really are. Okay, so we've talked about looking at



challenges differently, accepting what you can't change, and the importance of solitude. What else does he offer up in terms of advice?

(S-1) Well, he talks about setting clear goals, having a plan so you can stay focused and motivated even when things get rough.

(S-2) Yeah, that makes sense. Having a direction, knowing where you want to go can be really powerful, especially when you're feeling lost or down. It gives you something to work towards even when it's hard.

(S-1) And he says it's not just about being successful on the outside. It's also about finding peace and wisdom within yourself.

(S-2) So, it's not just about checking things off a list, right? It's about using that process to learn more about who you are and what really matters to you.

(S-1) Exactly. He talks about how setting goals can help you break down big problems, analyze things from different angles, and understand yourself and the world around you better.

(S-2) He's basically teaching his kids how to use goal setting as a way to figure themselves out and grow as people.

(S-1) Exactly.

(S-2) Okay. So, we've covered a lot here. Reframing challenges, acceptance, solitude, goal setting. Anything

else we should unpack from this letter before we uh move on?

(S-1) Well, there's one more thing, and it might be the hardest one, but also the most rewarding. It's all about facing your fears head on.

(S-2) Ah, yeah. The fear factor. Everyone's got them. But how does he say we should deal with them?

(S-1) He actually gives this four-step method for breaking down those fears and like systematically overcoming them. You have to identify what exactly you're afraid of. Figure out where that fear comes from, come up with solutions, and then actually do something to conquer it.

(S-2) So, no more vague worries, huh? Get specific, figure out the why, make a plan, and then go for it. Easier said than done, though, right?

(S-1) Totally. But he doesn't just leave them with some theory. He actually tells them a story about how he used this four-step process to get over his own fear of public speaking.

(S-2) Oh, that's cool. Having a real example makes it feel more doable. Like, okay, if he can do it, maybe I can, too.

(S-1) Yeah, exactly. And by breaking down that fear into smaller, more manageable steps, he was able to slowly build up his confidence and eventually give a successful presentation,

(S-2) which is something a lot of people struggle with. Public speaking can be terrifying. But it's good to remember that even those really big fears can be overcome if you have the right mindset and approach.

(S-1) For sure, it's about taking small steps outside your comfort zone, pushing your boundaries little by little, and realizing you're capable of more than you think.

(S-2) So, in this first part of our deep dive, We've covered a lot from looking at challenges in a new light to embracing solitude to conquering those fears. This letter is full of wisdom. But before we move on, what's stood out to you so far? What are you really connecting with?

(S-1) For me, it's how much he talks about taking control of your own life? Like realizing that even though you can't always control what happens to you, you can control how you react to it. That's where the real power lies.

(S-2) That's a great point, and I think it's something we'll see a lot more of as we continue our deep dive. So stay tuned because we'll be back with even more insights in part two.

(S-1) You know, it's cool how he like changes his advice depending on what each kid is going through. For his son, the one who's trying to figure out his career and doubting himself, he really focuses on seeing those tough times as learning experiences.

(S-2) Yeah. It's not like he's just saying, "Hey, man up." He's actually giving him tools to look at those struggles in a different way. Like even telling him to ask himself,

"What's causing this suffering in the first place?" That's pretty deep.

(S-1) It is. It's like he's guiding him to be more introspective, to think about the problem instead of just reacting to it, you know?

(S-2) Right. And for his daughter who's dealing with all that teenage stuff, he focuses on helping her build confidence and accept that change is just part of life.

(S-1) Yeah. He gets that it's a crazy time for her physically and emotionally. And instead of brushing off her feelings, he tells her they're valid and gives her ways to handle them, like writing in a journal to sort through her thoughts and focusing on what she's good at. instead of comparing herself to everyone else.

(S-2) I like that he tells her to talk to her family about how she's feeling. It's a good reminder that you don't have to go through hard times alone. Having people there for you makes a big difference. It's so true. And he talks about being patient, especially when your emotions are running high. He even gives her some tips like taking deep breaths and counting to 10 to calm down. That can be helpful for anyone really, not just teenagers.

(S-1) Okay, so we've talked about the big ideas of how to turn suffering into wisdom, but I'm really interested in those specific things he says to actually do it.

(S-2) Yeah, let's get into that. So, first up is this idea of seeing difficulties and suffering as chances to learn,

(S-1) Right. It's about changing your perspective on those challenges, seeing them as ways to grow instead of just getting stuck in negativity.

(S-2) Exactly. And he actually gives an example. Imagine you apply for a scholarship and you don't get it. Instead of being bummed out and giving up, you can use that experience to learn. Look over your application, figure out where you can improve, and then try again. with those improvements.

(S-1) It's like that Thomas Edison quote, right? I have not failed. I've just found 10,000 ways that won't work. It's not about seeing setbacks as roadblocks, but as stepping stones. And he says that this turning setbacks into lessons thing. It's got to be a continuous process. Like get in the habit of asking yourself, what can I learn from this? What's making this so hard? Why is this happening? And what can I do to make it better?

(S-2) So, he's kind of teaching his kids to be their own life coaches, to develop that inner voice that can guide them through through anything,

(S-1) Right. And another big thing he talked about is acceptance. Like realizing that some things you just can't change. So instead of wasting energy fighting it, you just accept it and focus on what you can change.

(S-2) It's like letting go of control and just going with the flow, even if it takes you somewhere unexpected.

(S-1) Yeah. And sometimes that means spending time alone. He talks about how solitude can actually make you

stronger and wiser, help you connect with yourself, and figure out what's important to you.

(S-2) It's hard to find that alone time though, you know, especially these days when we're always connected to something.

(S-1) I know it's tough. But he says those moments alone when you tune out all the distractions and just listen to yourself, those are so important for growing as a person. They give you a chance to process your experiences, learn from them, and come out with a new sense of purpose.

(S-2) It's like hitting the reset button, giving your mind a break so you can reconnect with who you really are.

(S-1) Exactly. And once you've had some time to reflect, he suggests setting clear goals to stay focused and motivate even when things get tough.

(S-2) That makes sense. Knowing where you want to go, having a plan, it can be really empowering, especially when you're feeling lost or discouraged. It gives you something to work towards even when it's hard.

(S-1) And he says it's not just about achieving things in the outside world. It's also about finding that inner peace and wisdom.

(S-2) So, it's about more than just checking things off a to-do list. It's about using the process of setting and working towards goals to learn more about yourself.

(S-1) Yeah, he talks about how setting goals can help you tackle big problems, look at things from different angles, and understand yourself and the world around you better.

(S-2) He's basically teaching his kids to use goals as a way to grow and learn about themselves.

(S-1) Exactly.

(S-2) It's like he's saying, don't just let life happen to you. Be proactive. Figure out what you want and make a plan to get there, even if you need to adjust that plan as you go. And then there's that whole thing about facing your fears.

(S-1) Right. That's where that four-step method comes in. Remember, it's all about figuring out what exactly you're afraid of, understanding why you're afraid, coming up with solutions, and then the most important part, actually doing something to overcome it.

(S-2) He even uses his own fear of public speaking as an example, showing his kids that it's okay to be afraid, but it's what you do with that fear that matters.

(S-1) Totally. And by sharing his own vulnerability, he makes fear seem less scary. It's a normal human emotion, but it doesn't have to control you.

(S-2) So, let's break down this four-step fear busting method a little more. What's the first step?

(S-1) First, you have to figure out exactly what you're afraid of. You can't overcome a fear if you don't even know what it is.

(S-2) Okay, so no more vague anxieties. Time to get specific. What's next?

(S-1) Then think about where that fear is coming from. What are the beliefs or experiences that are feeding it? A lot of times our fears are based on things that aren't even true anymore.

(S-2) So, it's about looking inward, doing some self-reflection to figure out the root of the fear.

(S-1) Exactly. Once you've done that, start brainstorming solutions. What are some concrete steps you can take to address the problem?

(S-2) It's about going from feeling powerless to feeling like you can take charge. Like, okay, this is the issue. Now, how can I fix it?

(S-1) Right. And finally, you have to put those solutions into action. Take that leap of faith and move beyond the fear.

(S-2) So, it's not enough to just think about it. You have to actually do something.

(S-1) Exactly. It's not about becoming fearless. It's about finding the courage to act even though you're afraid. Remember, fear is a normal part of being human, but you can choose how you react to it. You can choose to let it help you grow and become wiser.

(S-2) I love that way of looking at it. Fear isn't something to eliminate. It's something you can use to grow. It's like those things we're most afraid of are sometimes the very



things we need to do to become better versions of ourselves.

(S-1) Exactly. And I think that's a powerful message for everyone, not just the kids in this letter. It reminds us that even when we're facing our deepest fears, there's hope. There's a chance to change and grow.

(S-2) So throughout this deep dive, we've been uncovering all these incredible insights about turning life's challenges into opportunities for growth and wisdom. From seeing challenges as chances to learn to accepting what we can't change to facing our fears, this father has given his kids and us a guide for navigating the ups and downs of life.

(S-1) And what's really cool is that it's not just theoretical stuff.

(S-2) Yeah.

(S-1) He gives real life examples, practical advice, and stories from his own life to make these ideas relatable and applicable.

(S-2) Right. And he doesn't come across as some all-knowing guru. He's just a dad. sharing what he's learned, hoping to equip his kids for their own journey.

(S-1) Exactly. And that's what makes this letter so powerful. It shows how resilient and capable of growth we are as humans. And it reminds us that even in the midst of suffering, there's always an opportunity for transformation.

(S-2) As we get ready for the final part of our deep dive, I want you to start thinking about how you can apply these ideas to your own life. What are some challenges you're facing right now? And how could you use these techniques to navigate them? What really resonated with you from the letter and how can you put that into practice?

(S-1) Hold on to those questions as we finish exploring this amazing letter. We'll be back in a moment with the final part of our deep dive. We'll reflect on what we've learned and offer some more insights that might help you transform your own experiences of suffering into wisdom.

(S-2) Welcome back. So, as we wrap up our look at this letter, it's pretty amazing how much he's able to say about turning those tough parts of life into chances to grow. It's not just about telling his kids, be strong, you know? He actually gives them a way to understand those hard times and work through them.

(S-1) Yeah. And he makes it clear that turning suffering into wisdom. It's not like a one-time thing. It's like a lifelong process of learning how to be resilient, self-aware, and I guess ultimately just understanding life better.

(S-2) He really stresses that everyone goes through hard times. That's just part of being human. But what defines us is how we deal with those times. We can let them defeat us or we can use them as a way to grow and change for the better.

(S-1) It's like that saying, right? What doesn't kill you makes you stronger. But as we've been talking about, it's not just about toughness. It's about becoming wiser. It's about being able to see past the pain and learn those valuable lessons that can help us in the future.

(S-2) And he highlights some key ideas to help us along the way. One that really stuck with me is the idea of acceptance. Like realizing that we can't control everything that happens, but we can control how we react to it.

(S-1) Right. And it's about being able to tell the difference between what you can change and what you can't.

(S-2) Yeah.

(S-1) We can waste so much energy fighting against things we can't change or we can accept them and focus on the things we can actually do something about.

(S-2) It's a powerful shift in thinking that can really save us from a lot of unnecessary suffering. Like choosing to walk away from a fight you can't win.

(S-1) Exactly. And it's connected to something else we talked about finding peace in being alone. He talks about how important it is to make time to reflect, connect with yourself, and get clear on your values and goals,

(S-2) which is tough, you know, in a world where everyone's always connected. and there are distractions everywhere. It's easy to lose touch with yourself.

(S-1) It is. But he's saying those times alone when you disconnect from everything and just listen to yourself, those are crucial for personal growth. You process your experiences, learn from them, and come out of it with a renewed sense of purpose.

(S-2) It's like giving your mind a break so it can recharge, reconnect with that inner wisdom we all have.

(S-1) Exactly. And once you've had some time to reflect, remember to set clear goals. It can help you stay focused and motivated. Even when things get rough,

(S-2) having a plan, knowing where you want to go in life, it's so empowering, especially when you're feeling lost. It gives you a reason to keep moving forward, even when it's hard.

(S-1) And remember, setting goals isn't just about achieving things in the outside world. It's also about finding that inner peace and wisdom.

(S-2) He says that working towards goals can help us break down big problems, look at things from different perspectives, and understand ourselves and the world better.

(S-1) It's like he's teaching his kids how to use goal setting as a tool for self-discovery and personal growth.

(S-2) Like he's saying, don't just float through life. Figure out what you want and make a plan to get there, even if you have to make changes along the way. And of course, there's that whole idea of facing your fears head on.

(S-1) And that's where that four-step method comes in. Remember, it's about identifying the fear, understanding where it comes from, finding solutions, and then actually taking steps to overcome it.

(S-2) He even uses his own fear of public speaking as an example, showing his kids that it's okay to be scared, but what matters is what you do about it.

(S-1) Exactly. And by talking about his own fear, he makes it seem less scary. Fear is a normal human emotion, but you can choose how you react to it. You can choose to let it help you grow and become wiser.

(S-2) That's a great way to look at it. Fear isn't something to get rid of. It's something you can use to become a better version of yourself. It's almost like those things that scare us the most are sometimes the very things we need to do to grow.

(S-1) Exactly. And I think that something we can all take away from this, not just his kids. It's a reminder that even when we're going through really tough times and facing our biggest fears, there's still hope. There's a chance to change and become better.

(S-2) So, as we finish this deep dive, I want you to think about one small thing you can do today to use these ideas in your own life.

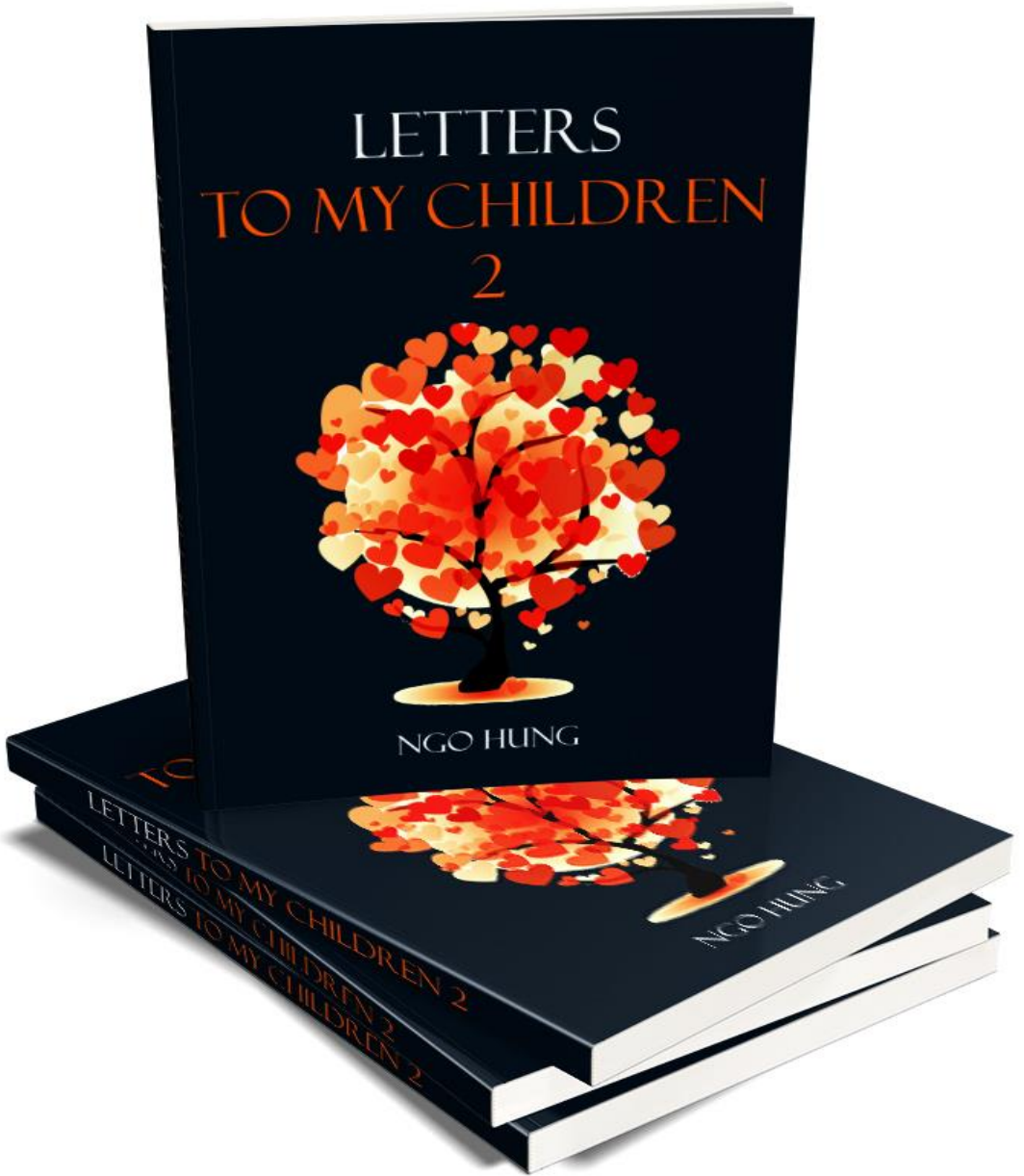
(S-1) Maybe you spend a few minutes journaling about a recent challenge, set a goal for the week, or even just admit to yourself of fear that's been holding you back.

(S-2) Because even the smallest actions can make a difference. And a journey of a 1000 miles starts with a single step right now. Thanks for joining us for this deep dive. Keep exploring, keep learning, and keep turning those challenges into wisdom wins.

End.

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839 | DEEP-DIVE PODCAST DISCUSSIONS ON  
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LETTERS  
TO MY CHILDREN  
2



NGO HUNG



This book is written as a legacy that I have accumulated  
and left for my two beloved children:

NGO GIA LAC & NGO GIA NHAT AN.

I am deeply grateful for your presence in my life; for it  
is a most wonderful reunion of happiness and peace.

# FOREWORD

Dear Friend,

To be born human is an invaluable blessing. To live, learn, and experience are precious gifts that life bestows upon us. Yet, perhaps the most cherished of all is the ability to share those experiences with others.

For through sharing, we express our gratitude to life, to all beings, and to the interconnected threads of condition that nurture our growth and understanding day by day.

“Letters to My Children 2” is not a conventional book, nor is it a collection of stories brimming with characters or dramatic twists. Instead, “Letters to My Children 2” is a quiet whisper, a heartfelt sharing of simple truths, naturally arranged like a flowing stream or a passing breeze. Each story, each reflection, is distilled from real-life experiences, from small yet profoundly meaningful moments.

We do not expect you to view life exactly as we do. Why? Because each person’s life is a unique canvas, painted with their own experiences. So, even if you perceive something differently or feel in ways that diverge from ours, that is entirely normal—nothing extraordinary.

What matters most is whether you find joy, peace, and a heart that treasures every moment of being alive.

Since “Letters to My Children 2” is merely a means of sharing, it carries no copyright restrictions or legal bindings. We deeply believe that human thoughts and

knowledges are inherently universal, belonging to no one individual. Therefore, you are free to use and share these reflections in any way you see fit.

However, if one day you decide to print, publish, or share the contents of “Letters to My Children 2” on a broader scale, we kindly ask that you dedicate a portion of the profits to support those in need.

Sharing joy and peace not only lights up the hearts of others but also enriches and brightens your own life. Of course, this is simply a suggestion, not an obligation—merely a gentle nudge inspired by love and compassion.

Let these writings serve as a bridge between us, a reminder that love and gratitude for life are the foundations of a truly happy and peaceful existence.

May we live every remaining moment with deep awareness, so that when we look back, our hearts will resound with unending happiness.

With sincere hopes,

Ngo Hung

# INTRODUCTION

Dear Lac and An,

On this quiet afternoon, as golden sunlight gently fills the room, I sit here writing these words to you both—Lac and An, the brightest lights in my life.

What I'm about to write isn't just a collection of letters or my experiences, but a gift I want to give specifically to you both. This gift is distilled from my experiences, joys, sorrows, and the precious lessons I've learned along the way.

Lac, my eldest son, you've turned twenty, an age full of passion and aspiration. I see in you the image of a young man with grand dreams but also doubts and concerns as you face life's challenges.

And An, my youngest daughter, at fifteen—the most beautiful age of life, when everything before you is still filled with dreamy colors, yet you're beginning to encounter your first thoughtful reflections.

My dear children, with each passing day, I realize more and more that the world you're growing up in is very different from my time. While I lived in a slower-paced world where people could pause to contemplate life, today you're growing up in a rushed rhythm, full of opportunities, but also full of challenges. The pressures from society, invisible standards, and the dizzying pace of technological change sometimes force you to face

difficult questions, “Who am I?”, “Where am I going?”, and “What am I living for?”

This book, “Letters to My Children 2,” is not a collection of rules or fixed advice. Nor is it written to teach you how to live or what to do to succeed. Instead, it's an intimate dialogue, heart-to-heart conversations from me who wishes to accompany you both, no matter what stage of life you're in.

I must say, I'm not a perfect father, and my life story isn't a flawless tale without blemishes. I've stumbled, failed, and there were times when I felt so stuck that I wanted to give up everything.

But my dear children, it was in these seemingly desperate moments that I learned the most valuable lessons, helping me overcome suffering and achieve a lasting peace and happiness that no book could have taught me.

This afternoon, I want to share with you the values that I believe will be your compass on life's journey. These values aren't abstract theories but things I've experienced, tested, and lived through over time.

My dear children, life isn't always smooth sailing. There will be days when you feel extremely tired, discouraged, or even want to give up everything. In those difficult moments, I hope this book will become your companion during stormy days. Or when you feel too weary, just open a few pages and reread the words I've written for you.

Or when you feel happy, use this book as a mirror to reflect on the journey you've traveled. And when you stand at a crossroads, or feel caught between choices, not knowing where to go, let the stories in this book become your small compass, helping you find your new direction.

My dear children, in this book, I'm not just telling my own stories but sharing with you the lessons I've learned from people I cherish, from books I've read, and from life's simple but meaningful moments.

I also hope this book will be a place where you can record your thoughts, feelings, and dreams. Consider this book as an open diary, where you can freely write your own story.

My beloved children, wherever life may take you, please remember that I'm always here. Whether you succeed or fail. Whether you stumble or stand firm, I will always love you guys with all my heart.

I hope these words will be a small flame lighting your darkest days, and may you walk your path with confidence and an open heart. Remember that life isn't just about achieving goals, but about how you enjoy each step of the journey.

I also believe in your strength, courage, and kind hearts. And when you need support, remember that my heart is always here, ready to accompany you on every path.

With all my love,

Dad.

# THE VALUE AND POWER OF RESILIENCE

Dear Lac and An,

Today, as I sit here writing these lines, I hope that what I'm about to share with you will become a small guiding light in your journey.

I want to talk to you about a value that I've always believed, if you hold onto it, will help you weather any storm in life—and that is resilience, my children.

You know, resilience isn't about never falling down, but rather about the ability to get back up after each fall and to keep moving forward, even when the path ahead is full of thorns and difficulties.

My dear children, imagine life as a rushing stream. Sometimes, the water encounters large rocks blocking its path. Instead of stopping, the stream patiently finds ways to flow through every crevice, even gradually eroding the blocking rocks over time.

Resilience is just like that stream. Resilience is being gentle yet persistent, having the ability to adapt and overcome seemingly impossible obstacles. Our resilience can be compared to bamboo in the field—though storms may bend it, it keeps its roots firm and springs back stronger after the tempest. This is the inner strength that I hope you'll always carry with you in life.

My dear children, do you know that resilience isn't just a quality, but a slow-burning flame within each person, a strength that helps us find light even in our darkest moments. And I believe that if you understand and cherish this value, no matter what challenges you face, you will overcome them.

Lac, I know that at twenty, you're standing at the threshold of adulthood with so many pressures and expectations. There are days when you feel like you're carrying the weight of the world on your shoulders—schoolwork, future plans, and big questions like, “Who am I?”, “Where am I going?” Sometimes, you might feel tired, doubt yourself, or even want to give up everything.

But my child, resilience isn't about always being strong, moving forward without pause—resilience is about daring to acknowledge when you're tired. It's about allowing yourself to rest, and when you're strong enough, finding ways to stand up and continue moving forward.

Life isn't always a straight path. There are turns; there are slopes that seem impossible to climb. But each time you stumble, always remember that failure doesn't define who you are. What is important is what you learn from that failure and what you do next after that failure to achieve the initial goals you set for yourself.

Lac, look at difficulties as lessons that life wants to teach you. Challenges aren't meant to hold you back but to help you grow. I know you might not immediately grasp what I'm sharing with you, but Lac, after each time you persevere through a difficulty, you'll become a stronger



version of yourself. Don't fear failure. Remember, true growth doesn't come from easy victories but from perseverance through the toughest challenges.

Lac, remember, resilience isn't about achieving everything you want but about maintaining faith in yourself, no matter how difficult the path ahead may be. And I always believe you have the strength to do this.

As for you, An, at fifteen, I know you're going through major changes in both body and soul. Perhaps there are days when you feel you're not good enough, not pretty enough, or not strong enough compared to your friends. There are days when you feel pressured to be perfect or feel lost and adrift in a world that's changing too quickly.

But An, resilience will be your companion through these uncertain times. And, most of us misunderstand and define resilience as always having to win, always having to be strong, and always having to move forward. But that's not the truth, my child.

Resilience is knowing how to stand up after each fall and believing that you deserve love and respect, no matter the circumstances. You don't need to be perfect; you just need to be yourself—a person who is always sincere, strong, and full of emotion.

An, one more thing, resilience will also help you face your inner turmoil and not let those negative emotions control or dominate you. So, whenever you feel sad or disappointed, remember that “it's okay.” These emotions are a natural part of life, and they don't diminish your true value.

And, you also know that life isn't always fair or easy. But you don't need to master or win everything—you just need to not give up on the goals that bring you lasting happiness and peace. So, each time you overcome even the smallest difficulty, you're building confidence and strength for yourself. I believe you can do it, because I see the light of resilience in you even when you don't recognize it yourself.

Lac and An, living as humans, means no one is without challenges, and none of us can avoid these challenges. But remember, resilience isn't just the strength to help you overcome challenges but also how you choose to live with those difficulties—with faith, with hope, and with love for yourselves.

I hope that no matter what happens, you'll always keep the flame of resilience burning in your hearts. Believe that each difficulty is a stepping stone bringing you closer to the person you want to become. Even when life makes you feel lost and alone, remember that you always have family, always have Mom and Dad here to love and support you.

Live with resilience, my children. Life is beautiful when you know how to steadily walk through storms to enjoy the light at the end of the long road.

Dear Lac and An,

In the previous section, we shared together about the value of resilience—a quality that not only helps us overcome challenges but also nurtures an internal and

enduring strength within each of us. In this part, I want to share with you guys another important aspect, the power of resilience.

My dear children, if the value of resilience is the guiding light, then the power of resilience is the energy source that helps you rise after each fall, moving forward with a stronger heart.

Do you remember the story about resilience being like a stream of water? Whether you believe it or not, the power of resilience is just like that stream, persistently flowing through layers of hard rock. Though water may seem fragile and small, over time, that stream will create new paths, creek beds, and eventually great rivers.

This power isn't about sudden bursts of energy but rather about perseverance, quietly flowing through difficulties until, looking back, we realize that resilience has helped us remain patient and overcome countless challenges and obstacles.

My dear children, life's journey for each of us, whether short or long, will be full of twists, steep climbs, and unforeseen thorns. But it's in these challenging moments that the power of resilience truly shines—like a bright torch in the dark night, never allowing darkness to completely engulf us.

Lac, at twenty years old, you're entering the most important phase of your life—a time of big decisions and challenging steps. As a third-year student in university, you're probably facing pressure from studies, questions

about the future, or even doubts about yourself. I understand these things aren't easy at all. But you know what? These difficulties are where your power of resilience will be forged.

Lac, the power of resilience isn't about never falling; it's about the ability to rise after each failure with a more determined heart. If you feel lost, remember that it's not the end. Instead, resilience serves as a reminder that you're on a journey of self-discovery. Big dreams always come with big challenges, but the power of resilience will help you move forward, step by step.

Remember, this strength doesn't come from rigidity but from flexibility and adaptability. Like bamboo that can bend in strong winds without breaking, you too—resilience isn't about being inflexible but about staying steady regardless of how things change around you.

When facing difficulties, instead of asking yourself, “Why is this happening to me?” think instead, “What can I learn from this?” That question awakens your observation and deeper insight while also awakening the power of resilience, helping you transform difficulties into opportunities for learning, correction, and growth.

As for you, An, at fifteen, you're in a phase where everything around you seems to be constantly changing. From peer pressure and physiological changes to sometimes feeling not good enough—all of these things can make you feel lonely and out of place. But An, it's in times like these that the power of resilience becomes your guiding light.

An, remember that being resilient doesn't mean always being strong, but rather accepting moments of weakness and then afterward, finding stability within yourself again.

An, you should think of the small seedlings in the forest. Though overshadowed by large tree canopies, they still quietly grow upward, finding their way through gaps to reach sunlight. The power of resilience in you is just like that—it doesn't need to be loud or showy but quietly helps you overcome all difficulties and challenges.

Also An, you don't be afraid of failure or being misunderstood by others. Failure isn't the end but an opportunity to learn and become stronger. When you feel you're not good enough, remember that your worth isn't measured by comparison to others but by your own efforts and determination. Resilience isn't about always winning but about never giving up on yourself.

An, you should believe that every difficulty you face is teaching you to become stronger. When you feel weak, remember that Dad, Mom, and your brother Lac are always ready to be your support as you find strength within yourself.

Lac and An, I hope you always understand that the power of resilience isn't something distant or imaginary, but rather the ability to rise after each fall, the belief that no matter how difficult life becomes, you can still move forward. Never fear challenges, because challenges are where your power of resilience shines brightest.

Lac and An, life is a long journey, and along that journey, there will be days when your knees feel weak and your steps falter. But always remember that each step, no matter how small, when guided by the power of resilience, will take you to heights you never thought possible. Always believe in yourselves, maintain steadfast hearts, and keep an ever-reaching spirit, my children.

Dear Lac and An,

Through my experience, I've always believed that the strength of resilience isn't innate but rather a psychological state that we can cultivate day by day. To help you both build this habit, I want to share with you some simple methods that you can practice right away in your daily lives:

### 1. Acknowledging Daily Positive Moments

Lac and An, every evening before bed, take a few minutes to write down three good things that happened during the day, no matter how small. It could be praise from a teacher, a friend's smile, or simply completing a task you had planned. Recognizing these positive moments will help you build an optimistic mindset—an important foundation for developing resilience.

### 2. Learning to Accept Emotions

Lac and An, when you feel sad or disappointed, instead of trying to run away or suppress these feelings, take some time to identify your emotions. You can write them down or share them with your parents or siblings at

home. Understanding and accepting your emotions will help you develop the ability to face difficulties more calmly and confidently.

### 3. Setting and Achieving Small Goals

Lac and An, resilience isn't just about facing failure but also about the ability to persistently pursue goals. Set small, specific goals and try to accomplish them. For example, Lac, you could set a goal to finish one chapter of a book in a week, and An, you could try keeping a diary regularly for three days. These small but achievable goals will help you build confidence in yourselves.

### 4. Learning to Accept Failure

Lac and An, instead of fearing or avoiding failure, view each failure as an opportunity to learn. Whenever you don't achieve what you wanted, ask yourselves, “What could I do differently to get better results next time?” This change in perspective will help you reduce pressure and become stronger through each experience.

### 5. Training Body and Mind

Lac and An, a healthy body supports a strong mind. Maintain a daily exercise habit, even if it's just fifteen to twenty minutes of walking or light exercise. Also, practice deep breathing when you feel stressed. Breathing is a simple but effective way to help your mind become calmer and clearer when facing pressure.

### 6. Finding Inspiration from Books and Others' Stories

Lac and An, I encourage you to read stories about resilient people who have overcome adversity in their lives. These stories will inspire you and help you understand that no difficulty is insurmountable.

But remember, once you're inspired, you must act on that inspiration, not just collect these inspirational moments and let them pass by without taking action or broadcasting them on social media to boost your self-worth without any real application or experience.

Lac and An, remember that resilience isn't something too big or difficult to cultivate; in fact, resilience is built through small actions, practiced persistently each day.

Most importantly, always remember that you are never alone on this journey. No matter where you are or what you're facing, your parents and family are always here, ready to listen and support you through any challenge.

Apply these methods, bit by bit, to make the strength of resilience part of who you are.

I believe that as long as you have clear understanding, determination, and faith in yourselves, you will grow stronger each day.

With all my love,

Dad.



# THE VALUE AND POWER OF SELF-DISCIPLINE

Dear Lac and An,

Each person's life is like a rushing river. Sometimes the river flows gently, carrying nutrients that nourish life, but there are also times when waves surge and sweep away everything in their path.

Self-discipline is like a small boat that helps each person navigate through these turbulent waters. Today, I want to sit with you both and share about a value that has helped me overcome countless challenges in life, self-discipline.

Do you know, life often has moments that leave us feeling lost and confused? But self-discipline is like the bright light of a torch in the darkness. It may not be as brilliant as the sun, but it's enough to guide us step by step, walking safely through the night. Or it's like bamboo trees standing strong in storms; for the secret of bamboo lies in the persistence of each cell, just as self-discipline nurtures steadfastness within each of us.

I want you both to understand clearly that self-discipline isn't just about following rules, but it's an inner strength that helps you overcome temptations and moments when you want to give up or surrender. Self-discipline is your commitment to yourself, your faith in the path you've chosen, even when everything around seems to be against you. And now, I want to share with each of you about this.

Lac, at twenty, you're standing at life's threshold, where everything seems wide open, yet full of challenges. You're facing academic pressure, tests, expectations from professors, friends, and even yourself. There are days when you might feel lost; you doubt whether the path you've chosen is right. But that's natural, my child.

Lac, when doubt begins to creep in, self-discipline is the key that helps you overcome that doubt and keep moving forward. Lac, think about mountain climbers. Surely, they can't see the peak when they first begin, and there are times when they're tired and want to turn back. But what keeps them going isn't just their aspiration but the self-discipline to take each step, however small, on the path ahead. For you, this might mean sitting down to study in the evening instead of browsing social media or waking up a bit earlier to prepare for a new day.

Lac, most of us have misconceptions about failure, as many of us define failure as an end or conclusion. But that's not true, my child. Failure is just a stopping point, a lesson that helps you adjust your aim toward your goal.

Therefore, each time you stumble, ask yourself, “What root cause led to this stumble?” and “What optimal solution would help prevent me from stumbling again?” and “What have I learned from this stumble?” These answers to these questions form the foundation of self-discipline, helping you get back up, learn from experience, and keep moving forward. Lac, remember, life doesn't judge you by the times you fall but by how many times you're strong enough to rise again.

I know you have great aspirations, and sometimes these pressures can make you feel inadequate. But Lac, maturity isn't about perfection; it's about learning to accept yourself, gradually improving, and loving yourself. Always remember that self-discipline isn't just a tool for achieving success but also the strength to face yourself in your most difficult moments.

As for you, An, at fifteen, you're at a beautiful but challenging age. Adolescence is like a mysterious forest, where you must find your way through unstable emotions, bodily changes, and peer pressure. You might feel not good enough, not smart enough, or not as loved as others. But An, you need to know that all these are just challenges helping you grow.

An, do you know that amidst the overwhelming surge of emotions, self-discipline is the way to help you build a compass for yourself, guiding you so you won't lose your way in that mysterious forest? An, imagine you're a gardener. Each day, you need to care for and water the seeds you've sown. That's how self-discipline works—small but persistent actions that lead to big changes.

For example, when you feel discouraged by difficult homework, remind yourself that each effort brings you closer to your goal. When facing comparisons or negative comments, remember that your value isn't in others' eyes, but in how you evaluate yourself. An, self-discipline will help you build confidence from within, rather than seeking validation from outside.

An, do you know what successful people typically have

in common? It's the ability to overcome temporary emotions to continue doing what's necessary. Learn to ask yourself, "What's most important to me right now?" And when you have the right answer, start doing it, regardless of how you feel. That's the power of self-discipline, and that's how you'll grow into a confident, strong person.

Lac and An, life will never be short of challenges. But what's important isn't how difficult these challenges are but how you face them. Self-discipline is the lamp that lights the way in darkness, the boat that helps you cross rapid waters, the roots that keep bamboo standing firm through storms. Self-discipline isn't just a quality but an inner strength that helps you face life's difficulties with grace and calmness.

Always remember that success isn't a destination, but a journey. And on this journey, self-discipline will be your most faithful companion. Wherever life takes you, I hope you'll always believe in yourselves and stay committed to the values you cherish.

Dear Lac and An,

In the previous section, I shared with you about the value of self-discipline—like a compass guiding you through difficulties or like the light of a torch illuminating the path in darkness. But in this section, I want to explore deeper with you both to discover the true power that self-discipline can bring to you. If the value of self-discipline is the foundation that builds character, then the power of

self-discipline is the wings that help you soar further on life's journey.

Lac, at twenty years old, you have begun to form your own dreams and long-term goals. However, I want to remind you that not all dreams are easily achieved. Life's great challenges often demand not just ability, but also perseverance, my child. That's why the power of self-discipline lies in its ability to transform small daily efforts into great achievements.

Lac, look at the elite athletes you admire. What makes them different is not just their natural talent but their power to maintain discipline in daily practice, even when they're tired or discouraged. This strength doesn't come from outside but from their inner self-discipline. The same goes for you, Lac. When you face difficult lessons or projects that seem impossible to complete, remember that each time you strive to perfect them, you're cultivating your own strength.

Lac, remember that the power of self-discipline not only helps you reach your destination but also helps you become a better version of yourself. Self-discipline helps you understand that all success is built from small actions, repeated many times. One day, when you look back, you'll realize that these small things have created a life of value and meaning for you.

As for you, An, at fifteen, perhaps the power of self-discipline isn't immediately apparent. But I want to tell you a story about a small seed. When that seed is planted in the soil, it cannot instantly become a lush green plant.

Instead, it needs time, care, and above all, persistence. The power of self-discipline is like nurturing a seed within you. Self-discipline is the driving force that helps you persist, even when you can't see results at first.

An, when you learn to complete your homework independently, take care of yourself, or keep small promises to yourself, you're training this strength every day. Remember that self-discipline will become the foundation for you to stand firm on every journey. Peer pressure, negative comments, or even comparisons you might face—none of these can make you falter if you possess this inner strength.

An, the power of self-discipline also helps you overcome temporary emotions. You might feel discouraged, want to give up, or let things slide when things don't go your way. But remember that emotions are temporary. It's the power of discipline that will help you keep going, even when you don't want to. And one day, when you're grown up, you'll look back and you will be grateful to yourself for not giving up.

Lac and An, in conclusion, the power of self-discipline is not just a useful tool helping you achieve your personal goals but also an inner light helping you stand strong against life's storms. Life never lacks challenges and obstacles. But what's most important is whether you know how to overcome these challenges with ease and calmness.

Always remember that true strength doesn't lie in external glamour but in persistence and inner self-

discipline. Self-discipline will not only help you become capable individuals but also people full of self-respect and confidence. Each day you live with self-discipline is another day you give yourselves the opportunity to become stronger. I always believe in you both and will always be here, accompanying you guys on this journey.

Dear Lac and An,

After we have shared together about the value and power of self-discipline, in this section, I want to share with you some methods that you can apply in your daily life.

Lac and An, as you know, self-discipline isn't something you can achieve overnight; rather, it's the result of continuous practice. To help make this journey easier for you both, I will share some specific practical methods, tailored for each of you.

Lac, at twenty years old, you're entering an important phase of life, where you face many challenges and opportunities. This is when you need to build a system of self-discipline, not only to help you achieve your immediate goals but also to make you more confident in your future choices. To do this, I hope you will apply the following practical methods:

### 1. Create Daily Priority Lists

Lac, each morning, spends 5 minutes writing down the 3 most important tasks you need to complete that day. You don't need to list too many tasks; just focus on what truly matters. For example, if you're preparing for an exam, the list might include studying 2 chapters, completing one

assignment, and reviewing important notes. This helps you avoid being distracted by unnecessary activities while feeling more confident as you complete each task you set for yourself.

## 2. Apply the “1 Hour Focus” Method

When working or studying, divide your time into one-hour focused periods, alternating with 5-minute short breaks. This method will help you work more effectively without exhaustion. For example, if you need to write an essay, break down the work into parts like research, outlining, and content drafting. After each hour, you can stand up to move around or drink water to recharge for 5 minutes.

## 3. Track Habits with a Discipline Journal

Lac, each evening before bed, spend a few minutes recording what you've accomplished during the day, along with lessons learned. For example, if you completed your goal of “studying 2 chapters,” reward yourself with words of encouragement. Conversely, if you haven't achieved it, analyze the reasons, such as being distracted by social media or hanging out with friends, etc., to improve the next day.

## 4. Create a Supportive Environment

Lac, you also need to keep your workspace neat, well-ventilated, and free from distractions like phones or noise. For example, before sitting down to study, turn off phone notifications and prepare water so you won't need to leave your desk mid-session. These small habits, if



maintained regularly, will help you develop a self-disciplined, efficient lifestyle and best prepare you for your long-term goals.

As for you, An, at fifteen, you're in the phase of forming early life habits. This is the ideal time to start practicing self-discipline through small actions in your studies and daily life. I hope you will apply these methods:

### 1. Establish a Fixed Study and Play Schedule

An, a clear routine helps you manage your time better and consequently reduces stress. Create a weekly schedule that clearly defines time for studying, playing, and resting. For example, you can set aside 7:00 PM to 8:30 PM for studying and homework, then 8:30 PM to 9:00 PM for reading your favorite books. This helps you focus better on each activity, rather than letting time slip away wastefully.

### 2. Practice “5 Minutes of Daily Tidying”

An, a small habit that brings great results is spending 5 minutes each day organizing your desk or arranging your books. For example, before sitting down to study, neatly put away your pens, stack your books orderly, and clean your desk surface. This not only creates a good study environment but also helps you develop self-discipline in small tasks.

### Complete Tasks as Soon as They're Assigned

And, when Mom assigns you tasks like watering plants, washing dishes, etc., do them immediately without waiting for reminders. This helps you develop habits of

responsibility and avoid procrastination. For example, if Mom says, “An, please water the plants this afternoon,” you should do it right after finishing your studies, rather than remembering it only in the evening.

Join the “7-Day Self-Discipline Challenge.”

An, you can participate in this challenge with your brother Lac. Each day, record one task that you completed on your own initiative, such as studying an extra difficult math problem or waking up earlier to exercise. After 7 days, you'll clearly feel the positive changes in yourself.

An, don't underestimate these seemingly simple actions; if you perform them regularly, they will help you develop self-disciplined habits. This isn't just good preparation for your daily studies and activities, but it will also have a significant impact on your future life.

Lac and An, I know that the journey of practicing self-discipline isn't an easy path, but it's your daily persistence and effort that will create significant changes in your lives.

Lac, habits like planning, focused work, and journaling will help you develop self-discipline and master your time. And An, building small habits like organizing your study desk or completing tasks when assigned will be important stepping stones toward your maturity.

I hope that through these practical methods, you will not only achieve your goals but also find joy and meaning in your journey of self-improvement.

Remember, self-discipline isn't forced upon you but rather a gift you choose to give yourself—a life that is organized, peaceful, happy, and successful.

With all my love,

Dad.

# THE VALUE AND POWER OF HUMILITY

Dear Lac and An,

In life, there are many important values that we need to preserve. One of them is humility.

I want to share with you both about this value, because humility is not just a virtue but also a spiritual strength that helps us overcome life's challenges.

Humility is not about lowering yourself but rather about having a proper understanding of yourself and the world around you to develop naturally and authentically.

You can imagine, when we look at the sky, clouds drift by silently; these clouds never boast about their beauty. Each cloud has its own purpose, quietly fulfilling its role. And it is precisely this quietness that creates their greatness.

Similarly, humility in our lives isn't something flashy or resounding, but rather an invisible source of strength that helps us remain resilient, persistent, and steady in all situations.

Humility not only helps us live modestly but also acts as a mirror reflecting inner beauty, helping us build good relationships with those around us. Humility helps you both overcome pride, see yourselves clearly, and never stop learning.

I hope that through these shared thoughts, you will recognize the great value of humility in life, to maintain this virtue throughout your journey of growth.

Lac, I know that during your university years, you are facing many challenges. The pressure from studies, career planning, and questions about yourself must not be easy.

Lac, at your age, feeling confused and doubtful about yourself is very normal. However, do you know that in moments when you feel weak or like you've failed, humility is the key to helping you overcome these confusions and doubts?

Lac, remember that humility is the ability to accept that you're not perfect, and there's nothing wrong with acknowledging your mistakes or failures. You will learn that failure isn't the end but a valuable lesson.

Never see failure as something negative, but rather as an opportunity to help you grow. You can look at successful people in life; they aren't people who have never failed but rather people who know how to get back up after each fall. They learn, correct their mistakes, adjust, and grow from these failures.

Lac, remember that being humble doesn't mean lacking confidence or ambition in life. Indeed, humility helps you recognize the value in others and learn from them. What's important is knowing that each day is a new opportunity to learn and improve yourself. Humility not only helps you see yourself honestly but also helps you open your heart to embrace new opportunities in life.

I hope you'll never forget that you're on a long journey. Only when you view yourself with humility can you face life's challenges with strength and resilience. No matter what difficulties or failures you encounter along the way, never forget that humility is the strength that keeps you standing firm.

As for you, An, at your age, I know you might be facing many physical and psychological changes and new emotions that sometimes feel difficult to control. You might feel pressure from friends and social standards that you feel you can't meet. This is completely normal, dear. But An, you need to understand that humility is the strength that will help you overcome these emotions.

An, humility will help you realize that you don't always have to be the best or most outstanding. Each person has their own value, and you have the right to be proud of yourself without comparing yourself to others. An, humility is the deep understanding that we are all parts of a larger picture, no one is perfect, and what's important is that you accept yourself, with all your weaknesses and strengths.

An, there will certainly be times when you feel insecure. When you feel you're not good enough. But remember, these are just temporary feelings. Let humility guide you through these moments. Instead of worrying about what you don't have, appreciate what you do have. An, humility also means knowing how to accurately assess your abilities and not overexerting yourself while learning from those around you to improve yourself.

An, humility will also help you maintain confidence, not based on praise or recognition from others, but from a deep understanding of your inherent value. Remember that you always have value, independent of anything else, and humility will help you recognize this most clearly.

Lac and An, I hope that through these shared words, you will see that humility is not just a virtue but a great strength that helps you overcome all challenges in life.

Humility not only helps you both learn and grow but also creates beautiful, genuine relationships with others. No matter what difficulties you may face in the future, always remember that with humility in your hearts, you will always have the strength to overcome them.

Dear Lac and An,

As I have shared with you both, humility holds very important values, as humility is not just a virtue but an invisible strength that helps us overcome all challenges in life.

Remember, Lac and An, humility doesn't mean belittling yourselves or giving up your aspirations, but rather understanding your true worth and always being willing to learn from those around you.

I hope that through these shared thoughts, you will see that humility is a latent strength, a solid foundation that helps you overcome difficulties, and forms the basis for building truly beautiful relationships in life.

Lac, I know that during your university years, you are facing many challenges. Lac, on your journey of growth,

it's not just about studying alone—you must also build yourself into a person who is strong in both intellect and spirit.

Lac, academic pressure can sometimes make you feel tired, and self-doubts will always arise. But I hope you understand that the greatest strength to overcome these emotions is humility. Humility helps you recognize your self-worth without needing to compare yourself to anyone else.

Remember that humility doesn't mean staying silent or giving up on your dreams. You may be very talented, but if you don't know humility, you will never truly understand yourself and those around you.

Lac, you must remember, humility is learning from everyone, whether from professors or friends. Sometimes, it's in failure that you find the greatest strength to grow. Don't let failure discourage you, because each mistake is an opportunity for you to learn and progress.

Lac, finally, humility also helps you look at yourself honestly. You will realize that no one is perfect, and what's important is that you accept yourself with all your strengths and weaknesses.

You may not be the best in all fields, but you still have value. And you can contribute beautiful things to this world. Humility will help you maintain confidence, not needing to boast or prove your worth, but simply living with what's most genuine and honest.



As for you, An, you're also going through a challenging phase as you enter puberty. The physical and psychological changes, expectations from friends, and even from yourself might make you feel insecure. You might feel you're not good enough, not as outstanding as those around you. But I want you to know that humility itself will help you overcome these emotions.

Humility helps you understand that you don't always have to be the best or most outstanding. Each person has their own value, and you need to learn to appreciate what you have, rather than comparing yourself to others. An, humility is realizing that even though you have weaknesses, you still have the ability to develop and learn from every situation in life. Never let insecurity dim your own capabilities.

Finally, An, humility will also help you build confidence in a steady way. It's not about being arrogant but about confidence based on proper self-understanding. You don't need to try to prove yourself to anyone; just live genuinely with yourself. An, remember that everyone goes through difficult phases in life, and it's humility that will help you overcome these challenges more gently and calmly.

Lac and An, I hope that you will always see that humility is not just a virtue but a strength that helps you overcome all difficulties. In life, we don't always receive recognition or succeed immediately, but with humility, you will always maintain faith in yourselves and never give up. Remember that every step, whether big or small, is worthy of appreciation.

Dear Lac and An,

After sharing with both of you about the value and strength of humility, I want to continue sharing practical methods for you to apply and develop humble habits in your daily lives.

Practicing these is not easy, but once you integrate these methods into your life, humility will become an inseparable part of your character. I hope each method below helps you not only grow personally but also create deep connections with those around you. Even small steps will help you see differences in how you perceive yourselves and the world.

### 1. Honest Self-Reflection

Lac, every morning when you wake up, take a few minutes to ask yourself, “What can I do today to become a better version of myself?” Instead of comparing yourself to others, focus on your own strengths and weaknesses. Never judge yourself solely by your failures or flaws. For example, if you feel you haven’t completed an assignment well or haven’t achieved a desired result, tell yourself: “I can learn from this mistake and do better next time.” This awareness will help you maintain humility—avoiding arrogance in success and self-doubt in failure.

### 2. Sharing Success with Others

Lac, one expression of humility is knowing how to share joy with others. When you achieve something, instead of proudly boasting, find ways to share that joy with friends

and those around you. For example, if you receive a high grade in a subject, instead of just rewarding yourself, share the joy with those who helped you during your studies, such as friends or teachers. This not only helps you stay humble but also strengthens your connections with others.

### 3. Listening and Learning from Others

Lac, humility comes not only from self-awareness but also from the ability to listen and learn from others. Everyone, regardless of experience, has valuable lessons to share. Listen to the opinions and perspectives of teachers, friends, and even those who disagree with you. For example, if someone critiques your writing, don't react defensively. Instead, listen, reflect, and thank them for sharing their thoughts. This helps you continuously improve and gain more knowledge.

### 4. Accepting Failure and Learning from It

Lac, remember that failure is not the end but a beginning—an opportunity to learn and improve. When you face failure, don't feel ashamed or give up. Instead, view it as a valuable lesson. For example, if you fail an exam, instead of blaming yourself, think about what you can improve and create a better study plan for next time. You'll see that failure is an essential part of growing up, and humility will help you overcome those difficult moments.

### 5. Helping Others Humbly

Lac, when you help someone, don't do it to receive praise

or recognition. Instead, help them with sincerity and humility. For example, if a friend struggles with schoolwork, help them without expecting thanks or praise. You can share study tips that worked for you, but the key is to act from a genuine desire to help, not to show off.

## 6. Practicing Empathy and Respect

Lac, humility is shown not only through actions but also through your attitude toward others. Focus on practicing empathy and respect for everyone around you. Avoid judging others hastily; instead, strive to understand and empathize with them. For example, if a friend behaves inappropriately, gently share your thoughts and encourage them to change positively instead of criticizing or judging them.

## 7. Maintaining Humility in Success and Challenges

Finally, Lac, always stay humble in all circumstances—whether in success or adversity. When you succeed, don't forget that it's thanks to the support of others and the opportunities you've received. When facing challenges, don't despair; stay humble, as this will help you find new paths forward.

### 1. Acknowledging Your Emotions

An, every day, take time to listen to your emotions. When you feel insecure or unconfident, don't rush to deny those feelings. Recognize that these emotions are natural during puberty. For example, if you feel anxious about a test, instead of blaming yourself, acknowledge the

feeling and find ways to improve. This helps you face emotions humbly and learn from yourself.

## 2. Respecting Others' Differences

An, humility also means respecting others' differences. In school and friendships, not everyone is like you, and each person has unique traits. Learn to recognize and respect these differences instead of judging. For example, if a classmate has a different opinion, listen and share your views respectfully instead of reacting harshly.

## 3. Sharing Joy and Success with Friends

An, when you achieve something, share the joy with friends without bragging or pride. Understand that your success also relies on the help of those around you. For example, if you win a competition, thank those who encouraged and supported you instead of boasting to everyone.

## 4. Helping Friends Without Expecting Repayment

An, when helping friends, don't do it to receive praise or recognition. Help them with a sincere and humble heart. For example, if a classmate struggles with a math problem, help them without expecting anything in return. Just know that you've supported your friend when they needed it—that's enough.

## 5. Accepting Changes in Yourself

An, during puberty, you'll experience many physical and emotional changes. Humility will help you accept these changes without feeling inferior or self-conscious. For

example, if you're unhappy with your appearance, remember that everyone goes through changes. Love and accept yourself.

## 6. Practicing Patience with Yourself

An, when facing difficulties or failures, don't hastily blame yourself. Be patient and recognize that everyone faces tough phases in life. For example, if you struggle with a difficult assignment, don't lose heart. Stay patient and find ways to learn and improve step by step.

## 7. Living Humbly in Relationships

Finally, An, always live humbly in all relationships. No matter how close you are to someone, remember that everyone has their own value and no one is perfect. Treat others with respect and humility. Never hurt anyone's feelings.

Lac and An, through these practices, I hope you guys will not only grow as individuals but also become humble people who know how to recognize and love yourselves and others. These habits will stay with you guys for life, helping you guys live meaningfully, happily, and peacefully.

With all my love,

Dad.

# THE VALUE AND POWER OF HONESTY

Dear Lac and An,

I want to share with you an important lesson I've learned through my years of living and growing—the value of “honesty.”

Honesty is a quality that I believe is incredibly precious, and I hope it will accompany you both throughout your lives. Why? Because honesty will help you stand firm in the face of challenges and find peace within yourselves.

My dear children, honesty isn't simply about speaking truthful words but is also an inner strength, the ability to accept and face yourselves, as well as the world around you.

I remember once walking on the beach, watching the waves crash against the shore, sometimes forcefully and sometimes gently. I think honesty is like those waves—it can strike powerfully at our hearts, making us feel uncomfortable or hurt, but in the end, honesty always gives us the opportunity to return to ourselves.

Indeed, honesty isn't always easy to practice, but it is a powerful force that helps prevent you from losing your way, being masked, or being deceived by life's appearances.

Lac and An, honesty isn't just about expressing what we think and feel, but also about facing reality, accepting imperfections, and knowing how to learn from failures.

When you can see things truthfully, you'll not only find your own path, but you'll also know how to build a life without regrets, a life in which you are always the most important person.

Lac, at your age, I know you're facing many challenges. Academic pressure, career decisions, or sometimes self-doubt—all these things can make you feel lost, or even like a failure. But Lac, what's important is that you can face your own truth, and that is the solid foundation that helps you move forward.

I remember when I was young, I too was very anxious about decisions in my life. There were times when I wasn't sure about my career, my future, and the major changes in life. But I learned one thing: honesty helps me see things clearly. If you feel pressured or doubtful, be honest with yourself, acknowledge it, and don't blame yourself. Each failure isn't an ending but a valuable lesson that helps you grow.

Remember that being honest with yourself isn't always easy, but through honesty, you'll overcome these difficulties without needing to hide or avoid them. If you feel tired, speak up; there's no need to hide it. If you're uncertain about your choices, acknowledge that. When you live honestly with yourself, you'll discover that the strength to overcome any challenge always lies within you.



Lac, sometimes, honesty helps you perceive more clearly the true values in life, things that can't always be measured by success or money. Honesty helps you recognize the small but important things—like love, understanding, and patience. Let honesty guide you through difficult decisions, and never be afraid to face yourself.

As for you, An, I know that adolescence isn't easy at all, when psychological, physical, and emotional changes sometimes make you feel confused. Pressure from friends and the surrounding environment might make you feel not good enough, not confident enough. But remember, my child, never forget that being honest with yourself is the key to overcoming everything.

An, honesty isn't just about expressing what you think, but the ability to accept and love yourself, even when you feel imperfect. When you feel compared to friends or feel lacking in confidence, that's when honesty helps you see things clearly.

You can acknowledge that you're feeling unhappy or that you don't yet fully understand what you want for your future. These feelings aren't bad things but are part of your journey of growth.

Remember that everyone has their own value, and honesty can help you recognize that value. Don't let anyone or anything make you feel inferior about yourself. When you live honestly with yourself, you'll find confidence and strength, not from external appearances or showing off, but from within yourself.

I want you to understand that growing up isn't without difficulties, but maturity is your ability to face and learn from these difficulties. When you can accept and love yourself, you'll see that you can overcome any challenge, and honesty is your most reliable companion.

Lac and An, life will always have challenges and difficulties, but if you live honestly with yourselves, without hiding or avoiding problems, you will overcome everything. Honesty will help you see what's most important in life, which is peace and joy in each moment, no matter how chaotic the world around you becomes.

I believe that with honesty in your hearts, you'll find your own paths, paths based not only on success but also on understanding and love for yourselves and those around you.

Dear Lac and An,

I want to continue sharing with you about an important topic that has accompanied me throughout my life—the power of “honesty.”

Indeed, honesty is not just a simple virtue, but it carries within itself an invisible yet powerful force that helps us overcome challenges, face difficulties, and find our steady path forward.

When you both live truthfully with yourselves, you'll see that challenges are no longer something to fear but rather opportunities for discovery and growth.

Like a bright torch in the darkness, honesty illuminates our path, helping us find ourselves in a world full of

crossroads and choices. Honesty isn't always easy, but it is the greatest strength a person can possess.

Lac, you're at a very special age where choices and decisions will greatly influence your future. I know you're facing many challenges—from studies to career direction, to worries about yourself and your future. But Lac, I hope you understand that honesty is the great strength that will help you overcome everything.

When you live honestly with yourself, you'll realize that all difficulties can be overcome if you don't hide your emotions and thoughts. You don't need to pretend to be perfect, because in this world, no one is perfect. What's important is whether you dare to acknowledge your feelings, whether they're anxiety, failure, or uncertainty. Honesty helps you see all problems clearly, and from there, you can find the right solutions instead of trying to run away or avoid them.

I remember once, when I had to face a major career decision, I felt very confused and doubtful about my abilities. But then, I decided to face the truth—that I wasn't perfect, and that became the strength that made me stronger. When you live truthfully with yourself, you'll realize that every step, whether failure or success, has its own value. Being honest with yourself will help you understand that these challenges aren't burdens but opportunities for growth.

Honesty not only helps you face yourself but also helps you build your own confidence. You don't need to hide your weaknesses, because those very weaknesses are

what make you stronger. When you understand and accept yourself, you'll no longer fear facing difficulties. Honesty is the strength that helps you stay resilient and steady, no matter how life changes.

As for you, An, at your age, I know your emotions are going through many changes. You might feel pressure from friends, from family, and sometimes you might feel not smart enough, not confident enough. But An, I hope you understand that the power of honesty will help you overcome everything.

An, when you live truthfully with yourself, you'll no longer worry about what others think of you. You'll feel lighter because you know you don't need to hide or change yourself to please others. Honesty helps you understand that confidence doesn't come from outward appearances but from within. When you acknowledge your emotions, whether sadness, joy, anxiety, or happiness, you'll feel more at peace in your own life.

I hope you understand that there's nothing wrong with feeling incomplete or imperfect. Only honesty can help you realize that you are the most important person in your life. When you live truthfully with yourself, you'll feel more confident and steady in all circumstances because you've faced yourself and are no longer afraid.

Lac and An, honesty is not just a quality, but a hidden strength that helps you overcome all difficulties in life. When you both live truthfully with yourselves, you'll see that all challenges can be overcome, and all difficulties

can be resolved. Never be afraid to face the truth, because truth itself will guide you to lasting peace and happiness.

I believe that with the power of honesty in your hearts, you'll have enough courage to face all life's challenges. You will never lose your way because honesty will always light the path for you. Always maintain faith in yourselves, and never forget that honesty is the key to opening new doors in your lives.

Dear Lac and An,

I have shared with you both about the perspectives on the value and power of “honesty,” but besides these insights, the most important thing I want to share with you is that you must practice what you've learned to transform them into habits and strength in your daily lives.

I know that practicing honesty isn't easy, but persistence and always being true to yourselves will help you cultivate this habit, leading to positive changes in how you perceive and act.

At different ages, you will face different challenges and circumstances. Therefore, you need to apply honesty in your lives in ways that suit you both. I will share with you some practical methods that I think will help you build honest living habits and develop confidence, as well as inner peace.

Lac, you have grown more mature and are in the process of finding your own path. To cultivate honesty, the first thing you need to do is to always view life's issues clearly

and without avoidance. Here are some practical methods that I think will help you.

## 1. Being Honest With Yourself

Lac, you need to develop a habit of asking yourself, “What do I really think about this issue?” or “What am I feeling right now?” Don't hide your emotions or thoughts just because you're afraid of others' judgment. For instance, if you feel tired or disappointed about an unsatisfactory exam, don't rush to blame circumstances or others. Instead, acknowledge those feelings and investigate the real causes so you can learn from them.

For example, suppose after an important exam, you find the results don't meet your expectations. Instead of thinking, “The test was too difficult” or “Luck wasn't on my side,” you can face the truth, “Maybe I didn't prepare well enough,” and from there, make a plan to improve for the next exam.

## 2. Sharing Feelings and Thoughts Openly

Lac, I know you're entering an important phase in life, and relationships with friends, professors, and even family will sometimes test your ability to be honest. You should practice sharing your thoughts and feelings openly and sincerely.

For example, if you feel pressure about career direction or uncertainty about your academic path, don't hesitate to share this with family members, mentors, or trusted friends. Speaking up about these things not only helps

you feel lighter but can also help you receive valuable advice and support.

### 3. Accepting and Learning from Failure

Lac, being honest with yourself not only helps you recognize your emotions but also helps you view your failures positively. Never let failure become a fear. Face them and learn from them. For example, suppose you encounter a failure in a group project at school. Instead of blaming other members, you can reflect on yourself and ask, “What can I do better next time?” Learn to take responsibility and improve through each challenge.

As for you, An, I know you're going through significant changes during puberty. Emotions and self-doubt might make you feel insecure, but honesty will be the key to helping you overcome these difficulties. Here are some practical methods that I think will help you cultivate honesty and develop your self-confidence.

#### 1. Accepting and Loving Yourself

An, the first step in practicing honesty is to recognize and love yourself, even if you might not be as perfect as others. Be honest with your emotions and thoughts. If there are things you're not satisfied with about yourself, acknowledge them and look for ways to improve. For example, suppose you feel insecure about math and always anxious when taking tests. Instead of denying these feelings, acknowledge to yourself, “I don't understand this lesson yet; I need to improve.” Then, you can find ways to study again and seek help from teachers or friends.

## 2. Practicing Honesty in Relationships

An, learn to express your thoughts and feelings in relationships, from friends to family. Don't let shyness or fear make you lose opportunities to build truly sincere relationships. When you express what you feel, whether happy or sad, you'll feel lighter and more confident. For example, when there's conflict with friends, instead of keeping it inside, you can say, "I feel sad about that, and I want us to work things out together." This helps make your relationships clearer and more authentic.

## 3. Facing Challenges and Learning from Mistakes

In your learning journey and life, you will face many challenges. Learn to face them instead of avoiding them. Every mistake is an opportunity for you to grow. For example, when you realize you didn't do well on a test, instead of looking for excuses to blame, ask yourself, "What can I do better to avoid making this mistake next time?" This will help you grow and become stronger.

Lac and An, I hope that through these practical methods, you will gradually develop habits of living honestly in all situations.

Don't forget that honesty will help you see things more clearly, thereby building confidence, peace, and happiness in life. Life's challenges will never be obstacles if you always know how to live honestly with yourselves.

With all my love,

Dad.



# THE VALUE AND POWER OF TRUST

Dear Lac and An,

There are values in life that are like the light from a small oil lamp—though humble, they have enough power to dispel the darkness around them. One of these values is trust—something that I always hope you both will understand deeply and carry with you throughout your journey of growth.

My dear children, trust is like water flowing through rock crevices. Clear and refreshing, it can seep through every nook and cranny, no matter how small. In a life full of challenges and changes, trust is the nurturing element of love, the bridge that connects souls together. Trust isn't just about believing in others, but also believing in yourself—in your abilities, worth, and inner strength.

I've always believed that without trust, all relationships become as fragile as bamboo leaves in a storm. But with trust, you'll find yourselves stronger, capable of facing difficulties, and embracing life with an open heart. Trust is an inner strength, a source of energy that helps you overcome adversity, but it's also a lesson that helps you accept that sometimes, life doesn't unfold according to your wishes.

Today, I want to take some time to share with you about this value. Lac and An, each of you is at a different stage of life, but trust me, trust will be the key that opens the door to peace for both of you.

Lac, at twenty, you're entering a crucial phase of your life. This is a time when you're both excited about your dreams and possibly uncertain about which path to take. Academic pressure, career direction, unnamed emotions, or sometimes uncertainty about yourself—these are all challenges you must face.

Lac, self-trust is the first thing I want to remind you about. When you believe you can do something, you'll have the motivation to keep going, even when you make mistakes or face failure. I remember when I first learned to drive, I was afraid I couldn't handle the steering wheel. But it was trust in my ability to learn that helped me overcome that fear. And then, from those initial failures, I learned to drive with confidence.

Life is like that, my child. There will be days when everything seems to fall apart, but don't forget that the fallen bricks are just the beginning of building a new, stronger house. Trust doesn't mean you won't face difficulties; it means you have the courage to face them.

Moreover, learn to trust the people around you. On your journey of growth, you'll meet many people, and not everyone deserves your trust. But when you find those who are worthy, cherish them. Friendships, teacher-student relationships, or love all need trust to flourish and endure. Just as bamboo needs soil to stand firm, relationships need trust to avoid being blown away by the wind.

Finally, Lac, trust in your own journey. No one can live your life for you, and no one can shape your future except

yourself. Let trust guide your way, even when you can't see everything that awaits you ahead.

As for you, An, being fifteen is a beautiful but challenging time. Physical changes, peer pressure, or feelings of insecurity about your self-worth might make you feel lost. I understand that at this age, sometimes you need validation; you need recognition.

But An, start by trusting yourself. Do you know that each of us is like a small star in this vast universe, and so are you? You don't need to try to become someone else because your value lies in who you are—with your kindness, sincerity, and desire to learn.

An, it's normal if you're not as good as this or that classmate. I hope you understand that everyone has their own strengths. Self-trust will help you avoid being swept up in the pressure of comparison, and instead, you can focus on developing what you do best.

An, learn to trust your family and friends around you. You might find it difficult to open up to someone, fearing they won't understand or they might hurt you. But An, if you don't trust, how can you build genuine relationships? I hope you understand that trust is like a mirror—once you give it, you'll receive its reflection.

Finally, An, trust that all the difficulties you're going through are part of your growth journey. The sorrows, disappointments, or even tears of today will help make you stronger tomorrow. Trust in time—just like how storms pass, leaving behind clear skies and brilliant rainbows.

Lac and An, I've shared with you about the value of trust—not just as a quality, but as an inner strength. When you maintain faith in yourselves, in those you love, and in your journey, you'll have the courage to overcome any challenge.

Life, no matter how difficult, always has ways for us to find peace and happiness. Trust is the key that opens that door. I hope you both always remember that no matter what happens, I'm always here, trusting in you and loving you with all my heart.

Dear Lac and An,

In the previous section, I shared with you about the value of trust—a solid foundation for building all relationships and overcoming challenges. But in this part, I want to talk more about the magical power of trust.

If the value of trust is like a cool stream nourishing the soul, then its power is like a steady boat carrying us through life's great waves.

Trust is not just about placing faith in others but also an inner strength that helps us overcome doubt, fear, and even failure. Like light piercing through darkness, trust can guide you both in what seem to be your darkest moments. Trust is not a loud force but rather a quiet yet powerful presence, existing in every action, every word, and even in every dream you pursue.

I hope that in your journey of growth, you both will realize that the power of trust not only helps you face

challenges but also helps you become stronger and more stable from within.

Lac, at twenty years old, I know this is a threshold full of both challenges and promises. You stand amid the pressures of studies, future direction, and inevitable self-doubts. At this age, you might sometimes feel like a sailor on vast waters, unsure which shore is your destination. It is at these times that the power of trust will be your compass for guidance.

Lac, trusting in yourself is the first step, my child. You may have failed before; you may have felt not good enough, but remember that the scars of failure don't weaken you—they are lessons that help you grow. Don't hesitate to face what you don't know or haven't mastered yet. Trust that as long as you try your best, life will open doors you never imagined.

Moreover, the power of trust also lies in knowing where to place your faith. Friends, mentors, and family—everyone is here to help you. Trust that even in your loneliest moments, there are always people who love you, ready to support you.

Finally, Lac, trust in your own journey. Not every path is straight; not every day is filled with sunshine, but I believe that with trust, you will find meaning even in difficulties that seem impossible to overcome.

As for you, An, at fifteen, you're going through a very special phase—a time of changes and discovery. Sometimes you might feel not good enough or feel

pressure from the expectations of those around you. You might be confused by your own changes or comments from friends. It is in these times, An, that the power of trust will help you overcome these difficulties.

An, first and foremost, trust in yourself. Remember, in this world, no one is perfect. Therefore, you don't need to try to become someone else to be loved. Your uniqueness lies in the smallest things—the way you laugh, the way you think, and the way you love. Trust that you are good enough, worthy enough to be loved and cherished, even if you don't always fit in with those around you.

Additionally, the power of trust also lies in placing your faith in family and those who love you. Mom and Dad are always here to listen to you, to help you through your most difficult emotions. Be bold in sharing your thoughts, because mutual trust is the bridge that helps us grow closer.

And An, remember that being fifteen is just a phase. Today's difficulties may seem enormous to you, but with the power of trust, you will gradually see the light at the end of the tunnel.

Lac and An, the power of trust is not something far-fetched but a quiet force that is always present in our lives. Trusting in yourselves, trusting in others, and trusting in your own journeys—these are what will help you overcome all challenges and grow from within.

Life won't always be easy, but I always hope you'll remember that as long as you maintain faith in

yourselves, all difficulties will pass, and you will become stronger and more stable.

Dear Lac and An,

After sharing with you both the value and power of trust, I want to share some practical methods for you to apply in your daily lives.

My dear children, trust isn't just something to talk about or think about—it needs to be nurtured through specific actions. From the smallest deeds, gradually, trust will become a habit and transform into an enduring inner strength within you both.

I will divide these practical exercises separately for each of you, as you are at different stages and have different experiences. These methods will not only help you build trust in yourselves but also strengthen your relationships with those around you. I hope that through each step of practice, you will feel positive changes, not only within yourselves but also in how you view life.

Lac, at twenty years old, practicing trust requires you to balance reason and emotion, long-term goals and short-term actions. Here are some methods I think you can try:

### 1. Trust Journal

Lac, every evening, spend 10 minutes writing down three things you did well during the day, no matter how small, like helping a friend or completing an assignment on time. These will remind you that you are capable and worthy of self-trust. Example, if you overcome your fear

to give a presentation in class, write down, “Today, I had the courage to present in front of the class. Though I was nervous, but I did it and received praise from everyone.”

## 2. Practice Authentic Communication

Lac, choose a close friend or family member you trust, and share your genuine feelings with them. Start with simple stories, then gradually expand to things you find difficult to express. This will not only help you feel lighter but also build trust from others.

## 3. Set and Achieve Small Goals

Lac, choose a small goal each week, like reading a book chapter, learning a new skill, or attending a workshop. When you complete it, you'll feel your self-trust growing with each achievement. These actions will help you cultivate trust and make it an essential habit in your life.

As for you, An, at fifteen, building trust can start from small but meaningful things in daily life. I hope you'll apply these methods:

### 1. Daily Gratitude

An, every night before bed, take time to think about three things you're grateful for from the day. This helps you recognize that good things are always present around you, and from there, you'll trust more in life. Example, if you get a good grade on a test today, tell yourself, “I'm grateful because I worked hard studying to achieve this good result.”

### 2. Self-Reminders



An, when you face difficulties or feel insecure, look in the mirror and tell yourself, “I can do this. It doesn't need to be perfect; just trying my best is enough.” This will help you build self-trust day by day.

### 3. Helping Others

An, try helping a classmate with homework or sharing school supplies with your friends when they need them. These small actions will make you feel valuable and believe that you can always bring good things to others.

These practices will not only help you grow but also make you more aware of the power of trust in your relationships with others.

Lac and An, the journey of building and practicing trust isn't something that happens overnight but is a persistent process, day by day. I hope that through these methods, you will gradually develop positive habits, become more confident in yourselves, and build stronger connections with those around you.

Remember, every small action you take is a building block for stability in your hearts. Whether it's recording an achievement, sharing a story, or simply saying thank you, these are all important steps on your path to maturity.

With all my love,

Dad.

# THE VALUE AND POWER OF OPEN-MINDEDNESS IN THINKING

Dear Lac and An,

Life is an endless flow, like water finding its way through rocky crevices to merge with the vast ocean. Water is soft and gentle, yet incredibly powerful. I want you both to understand that, like water, open-mindedness in thinking is the strength that helps overcome challenges in the journey of growing up.

My dear children, open-mindedness in thinking isn't just about the ability to listen to others' opinions or learn new things. It's an inner strength that helps us see the world with an open heart and clear wisdom. In life, everyone faces difficulties, sometimes failures that seem insurmountable. But it's through open-mindedness that we learn to accept and move forward.

Think about sunlight, my children. That light never hesitates to shine into the darkest corners. It doesn't discriminate between places but is always ready to share its radiance. Open-mindedness in thinking is just like that light—it helps us illuminate the unknown, dispel fears, and create opportunities for self-discovery.

Open-mindedness isn't just a quality but a strength to overcome difficulties, face changes, and, above all, to grow. I believe that if you both live with open-mindedness, your lives will always be meaningful, and every challenge will become a valuable lesson.

Lac, as you enter adulthood, I know you're facing many crossroads, education, career direction, and concerns about the future. You might feel pressure from within yourself, from expectations around you, and sometimes wonder if you're good enough. In those moments, remember that open-mindedness is the key that helps you overcome all obstacles.

When you face difficulties, don't rush to avoid or reject them. See them as strict teachers who will teach you valuable lessons. Open-mindedness will help you accept that things don't always go as you wish. Sometimes, what seems like failure is actually a stepping stone to reach higher.

Moreover, being open-minded helps you learn to listen to others. At university, you'll meet friends with different thoughts and perspectives. Don't let these differences intimidate you. Instead, see them as opportunities to broaden your horizons, learn new things, and enrich your wisdom.

Always remember that growing up isn't about achieving perfection but about the continuous process of learning and improving. I always believe that with open-mindedness, you'll find the right path for yourself, no matter how difficult or challenging life circumstances may be.

And An, being fifteen, is a time of many changes, isn't it? Your body is growing, and your soul is beginning to explore new emotions. Sometimes you might feel lost and adrift amid pressures from friends, school, and even

your own expectations. In those times, open-mindedness will be your most important companion.

An, have you ever felt that you're not good enough or unable to please those around you? If so, you should open up to yourself first. Why? Because open-mindedness isn't just about listening to others, but also about listening to and accepting your own emotions. You don't need to become someone perfect—you just need to be yourself, with all your imperfections but full of potential.

For example, if you struggle with a test at school, don't be quick to blame yourself. Instead, see it as an opportunity to learn more about your weaknesses and how you can improve. Open-mindedness will help you not fear failure but see it as a natural part of the journey of learning and growing.

An, your friends might sometimes have different viewpoints or ways of living from you. Don't let these differences make you feel intimidated or inferior. Instead, learn to respect and listen. Open-mindedness will help you build meaningful relationships where you can learn and grow.

I want you to know that adolescence is a journey full of colors—sometimes gray, but also filled with light and joy. When you live with open-mindedness, you'll always find ways to turn difficulties into opportunities and build a promising future.

Lac and An, life will never be without challenges, but it's these challenges that help us grow stronger and more mature. Open-mindedness in thinking isn't just a

beautiful quality but a guiding light that helps you both get through the darkest days.

Remember, no one is perfect, and life is a journey of continuous learning. When you maintain open-mindedness in thinking, you'll always find new opportunities, valuable lessons, and, above all, find yourselves in this vast world.

Dear Lac and An,

On life's journey, mindset is like a guiding light, helping us explore the vast world around us. But most important of all is open-mindedness—the power to view problems from multiple perspectives, embrace new things, and transcend your own limitations.

My dear children, open-mindedness is like a flowing stream, always ready to receive and blend, unhindered by prejudices or fears. Open-mindedness helps you see opportunities in challenges, find lessons in failure, and connect more deeply with those around you.

I believe this strength will not only help you overcome difficulties but also open up new horizons, full of color and meaning. Let open-mindedness become your companion on your journey of growth, my children.

Lac, at twenty, you're facing major crossroads in life, academic pressure, career choices, and expectations from both yourself and others. Sometimes, you might feel lost or stuck. But remember, open-mindedness is the key to help you through these phases.

I hope you understand that being open-minded doesn't mean accepting everything easily, but rather daring to step outside familiar patterns, listening to opposing views, and not being afraid to try new things. When you face a difficult problem, instead of worrying, ask yourself, “Could I look at this issue from a different angle?”

For instance, when choosing between two career paths, try learning from those who've gone before you, or consider fields you've never thought about. Open-mindedness will help you see that each choice is an opportunity to learn, not a constraint.

Lac, don't fear failure, because failure is your greatest teacher. An open mind will help you learn to rise after falling, and understand that a person's worth isn't in their achievements, but in how they face challenges. Keep your heart and mind ready to receive, never stop learning and reaching further.

An, at fifteen, you're in a phase where everything around you is changing, from psychology to body, to relationships with friends. Sometimes you might feel out of place, or anxious about whether you're good enough. But I hope you remember that open-mindedness is the “fresh breeze” that will help you overcome these difficulties.

An, an open mind will help you face changes without fear. For example, if a friend says something you don't agree with, instead of reacting immediately, try asking, “Why do they think that way?” This not only helps you

understand them better but also broadens your own perspective.

An, sometimes you might feel pressured by expectations from those around you. Instead of letting these expectations wear you down, use open-mindedness to find joy in discovering yourself. If you like a new subject or hobby, don't hesitate to try it, even if it seems “unusual” compared to what you're familiar with.

An, remember that open-mindedness not only helps you fit in but also helps you shine. When you learn to listen, accept, and love yourself, you'll realize that change isn't scary, but a natural part of life. An, keep an open soul and a strong heart.

Lac and An, open-mindedness isn't just a skill, but a strength that will help you overcome all challenges and difficulties in life. When you learn to listen, understand, and accept, you'll see that this world isn't just vast, but full of wonders waiting for you to discover.

I believe that with an open mind, you'll find joy in even the smallest things, learn from difficulties, and build a meaningful life. Always remember that I am here, always loving and supporting you on every journey.

Dear Lac and An,

In the previous section, I discussed about the value and power of open-mindedness. Today, I want to share with you something even more important, how to turn open-minded thinking into a habit, a natural part of your daily lives.

Maintaining an open mind isn't always easy, especially when facing challenges or opposing viewpoints. But if you know how to practice it, openness will gradually become a strong mental “muscle,” helping you overcome your own limitations and better harmonize with those around you.

I have prepared five practical methods for each of you, tailored to your life stages and circumstances. I believe that if you practice these regularly, open-mindedness will become not just a concept, but a guiding light in every journey of your lives.

Lac, at twenty years old, you're building the foundation for your future, and this is the perfect time to develop habits of open-minded thinking. Here are five practical methods I want you to practice in your daily life:

### 1. Listen Without Judgment

Lac, when talking with friends, colleagues, or anyone, focus on listening rather than rushing to respond. For example, if someone shares a viewpoint you disagree with, instead of immediately objecting, ask them, “Why do you think that way?” This question helps you understand the other person better and broadens your own perspective.

### 2. Journal about New Daily Learnings

Lac, keep a small notebook, and each night before bed, write down three new things you learned that day. For instance, an interesting story from a colleague, or a lesson from a failure. This not only helps you become more



conscious of learning but also encourages you to seek out new experiences in every situation.

### 3. Try something New Each Week

Lac, every week, do something you've never done before, like trying a new food, joining a skills class, or talking to someone you barely know. For example, if you're usually shy about talking to strangers, start by asking how your cafe server's day is going.

### 4. Practice Asking “What If...”

Lac, when facing a problem or idea, ask yourself, “What would happen if I tried a different approach?” For example, if you find your work becoming repetitive, consider proposing a new method or learning a new skill to make it more interesting.

### 5. Connect With Different People

Lac, spend time talking to or getting to know people with different backgrounds, professions, or viewpoints from yours. This helps you see the world through multiple lenses and learn from diverse stories.

As for you, An, fifteen is the perfect age to start forming good habits, and open-mindedness is one of the most important ones. I've selected five simple but effective methods you can practice daily:

#### 1. Practice Saying “Yes” to New Things

An, try accepting invitations or new opportunities that you would usually decline. For example, if friends invite you to join a club you don't know much about, try

attending one session to see how it goes. Sometimes, unexpected things bring the greatest joy.

## 2. Write a Daily Reflection Journal

An, each evening, write down something different or interesting you noticed during the day. For example, “Today I learned how a classmate solved a problem.” This writing practice will help you realize there's so much to learn from those around you.

## 3. Set Small Challenges to Test Yourself

An, set small weekly challenges for yourself, such as reading an article about a topic you've never explored, or talking to a new classmate, etc. For example, if you've never been interested in science, try reading an article about planets or astronomy.

## 4. Practice Gratitude for the Unexpected

An, when someone says or does something you don't immediately understand, think, “What positive things can I learn from this person?” For instance, if a friend expresses an unusual opinion, instead of feeling uncomfortable, try to find the positive aspects in their thinking.

## 5. Play the “Observe and Learn” Game

An, when you're in crowded places like parks or school, try observing how people behave and interact. Then ask yourself, “What would I think and do in their situation?” This question helps develop your empathy and flexible thinking.

Lac and An, these practical methods I'm sharing with you will not only help build habits of open-minded thinking but also enrich your lives.

I know that practice isn't always easy, but if you persevere, you'll notice significant changes in how you view the world and face challenges.

Remember that open-mindedness in thinking isn't just a skill but a key that helps you create meaningful connections, discover yourself, and find joy in the simplest things. I always believe in, and am proud of you both.

With all my love,

Dad.

# THE VALUE AND POWER OF DEDICATION

Dear Lac and An,

There is a value that I have always believed in and want to share with you both, and that is “dedication.” Dedication is not a difficult or lofty concept, but rather an essential part of everyone's life. Dedication is simply wholehearted commitment and devotion that you give to everything you do.

When you do something, if you are truly dedicated, you don't just do it out of obligation, but out of love, passion, and self-respect. This creates a profound difference between work done perfunctorily and work done with heart and soul.

My dear children, dedication is like a clear stream of water, gently flowing through rocky crevices. No matter how many obstacles it faces, that stream keeps flowing, even when large boulders block its path. Similarly with dedication, no matter what difficulties or failures you encounter, dedication will help you keep moving forward, never stepping back.

The truth has shown that whether as a child or into adulthood, we will always need dedication to accomplish everything—from studying to working, from relationships to future plans. Dedication is not just a quality but an inner strength that enables us to overcome endless hardships.

Lac, I know you're entering an important phase of your life. At twenty, you face many challenges, difficult university courses, pressure about career direction, and sometimes self-doubt. These days, you might feel tired, uncertain about your future. But remember, you're not alone on this journey. Whenever you face difficulties, look back at what you've accomplished with dedication. Whatever the results, those dedicated efforts always bring intangible value.

Lac, dedication doesn't mean you have to be perfect from the start. Dedication isn't about always winning or never failing. In fact, failures are part of the growth journey. A dedicated person is one who doesn't give up when facing difficulties.

Remember that each failure is a learning opportunity and experience. You may not be able to control everything, but you can control how you face these failures. If you face challenges with complete dedication and learn from your experiences, you will grow quickly. This is how dedication guides you through difficulties.

I know sometimes you feel tired with schoolwork and unrealized plans. But think about how each day you put in your best effort, whether it's an essay or a small project, all of it is building the person you will become. Dedication in learning not only helps you gain knowledge but also helps you understand yourself better and what you're truly passionate about. Sometimes you might not see immediate results, but dedication will lead you to successes you cannot imagine.

As for you, An, you're also in a special phase, adolescence with all its psychological and emotional changes. You might feel you're not profound enough, or sometimes face competitive pressure from friends, or expectations from those around you.

These are very normal things that everyone goes through during high school. But remember, dedication will help you overcome everything. When you're truly dedicated to yourself, you'll understand your own worth, not through others' words, but through your actions and what you do each day.

Being dedicated to yourself means loving yourself and always doing what's best for you. That means taking care of your health, learning new things, developing skills, and especially keeping your spirit pure.

When you do things with dedication, you'll feel joy and peace coming from within. You'll no longer worry about what others think of you, but focus on how to grow each day, to become someone you're truly proud of.

An, sometimes you'll find yourself in situations where you feel you can't overcome. Those negative emotions might occupy your mind. But remember, dedication will help you realize that these difficulties are just part of your growth journey. Work with all your heart, love and respect yourself. This way, you'll build a stable life where you not only feel confident but also love life more than ever.

Lac and An, life will never be short of challenges and difficulties, but believe that dedication will help you

overcome everything. Whether in studies, work, or relationships, dedication will be the guiding light, helping you see your path more clearly ahead. No matter how difficult life gets, always believe in yourselves and never give up. Remember, dedication is the key that opens the door to great opportunities for you both.

Dear Lac and An,

There is a very special power that I want to share with you both, and that is “dedication.” When you are truly dedicated to what you do, it's not just mere effort, but an invisible inner strength that helps you overcome all obstacles, overcome fatigue, and sometimes even moments of weakness.

My dear children, dedication is like a potential energy source, ready to explode and guide you to distant destinations you never thought possible. Dedication isn't something immediately visible, but it is the catalyst that creates all success, joy, and happiness in life. Dedication is what helps you stay persistent, enduring, and continue pursuing what you believe in, regardless of how many difficulties and challenges arise.

Lac, you are at the age of maturity, where life's important decisions are gradually taking shape. I know that with academic pressures, concerns about career direction, and sometimes self-doubt, you might feel very tired and want to give up midway. But remember that dedication will be what helps you overcome everything. Whatever you do, do it with all your heart, with diligence and an unwavering spirit. Difficult days won't last forever, and

dedication will help you see the light at the end of the tunnel.

Lac, you may face great challenges, failures that sometimes feel insurmountable. But in those moments, remember that dedication will give you the strength to stand up and continue.

Dedication doesn't mean always winning or never failing. Sometimes, dedication is simply persistence, continuing forward even when the road is rough, even when results aren't always what you hoped for. Each time you fail, you'll learn something valuable. This helps you grow and become stronger.

Lac, when you put your whole heart into something, whether it's a difficult essay or an important project, your dedication will create tremendous value. Don't think those efforts are worthless if you don't see immediate results. Dedication will help you see the road ahead clearly, no matter how difficult it may be. And day by day, step by step, you'll see yourself grow more mature, more confident, and finally, you'll achieve the goals you're aiming for.

As for you, An, you're going through a turbulent phase of life, adolescence with its psychological and physical changes. I understand that during these years, you face many challenges, from changes within yourself to peer pressure, from surrounding expectations to your own self-expectations. Those emotions can sometimes be chaotic, making you feel like you're falling behind, not strong enough. But remember that dedication is the key



to helping you overcome these unnamed emotions.

An, dedication will help you see things from different perspectives and help you focus on what matters most, instead of worrying about things you can't control. When you face a difficult problem or a stressful situation, dedication will make you more patient, seeking optimal solutions instead of giving up.

Each time you face a challenge, if you do everything with complete dedication, you will find your own way to overcome these difficulties. Even when life makes you feel less confident, dedication will help you realize that each of your steps has meaning, and each of your failures is an opportunity to learn and grow.

An, you might feel that you're not strong enough when facing challenges. But dedication itself will help you realize that nothing is too difficult if you always work with wholehearted commitment and persistence. Whether in studies or in relationships with friends, dedication will create lasting values that no one can take away.

Lac and An, no matter how difficult the road ahead may be, dedication will always be the strength helping you overcome thorny challenges. Remember that nothing is worthless when you have worked with all your diligence and dedication. Though life may have many challenges and obstacles, if you maintain faith in yourselves, dedication will help you achieve everything you desire.

Dear Lac and An,

Life isn't just about going through the motions—it's about putting your heart into everything you do. I want to share with you some ways to make dedication a natural part of who you are.

These lessons will help you bring that special care to everything—your studies, your friendships, and all that you do. Remember, it's not about rushing to finish things, but about doing them with all your heart. I hope these practical tips will help make dedication second nature to you both.

### 1. The Beauty of Small Things

Lac, start by bringing mindfulness to the little things you do each day. When you're studying, don't just skim through—really dive in. Take that math problem, for instance. Instead of racing to the answer, take your time with each step. Ask questions, understand the concepts, double-check your work. When you study with dedication, you'll find yourself understanding things more deeply, remembering them longer.

### 2. Turning Setbacks into Stepping Stones

Lac, everyone faces setbacks—they're just part of growing up. But instead of letting them get you down, see them as chances to learn and grow stronger. When a test or project doesn't go as planned, take a moment to reflect. Look at what happened, learn from it, and use that knowledge to do better next time. True dedication shows in how you bounce back from difficulties.

### 3. Growing as a Person

Lac, dedicate time to becoming your best self—not just in school, but in all areas of life. Want to be better at talking with others? Practice having meaningful conversations. Learn to listen well and share your thoughts clearly. This kind of dedication helps you grow into a confident, well-rounded person.

#### 4. Setting Your Sights High

Lac, pick something you really want to achieve—maybe it's acing a subject or mastering a new skill. Then go after it with everything you've got. For example, if you're aiming for top grades, make a solid study plan. Put in consistent effort every day. When things get tough, remember—it's your dedication that will carry you through to the finish line.

#### 5. Lending a Helping Hand

Lac, dedication isn't just about personal achievement—it's about how we treat others too. Show dedication by helping friends and family without expecting anything back. When you see a classmate struggling with homework, take time to help them understand. When you help others with a genuine heart, you'll discover what dedication truly means.

#### 1. The Patient Path to Learning

An, your journey with dedication can start with how you approach your studies. When you're learning something new, resist the urge to rush. Take time to really understand each lesson, focus completely on your homework, catch every detail. This kind of dedication

will not only improve your grades but build study habits that'll serve you well your whole life.

## 2. Keeping Your Eyes on the Prize

An, I know there's a lot competing for your attention these days—friends, games, everything else. But dedication helps you stay focused on what really matters.

When you're preparing for a test, try to minimize distractions and give your studies your full attention. You'll find that dedicated work builds confidence and makes challenges easier to overcome.

## 3. Building Strong Bonds

An, one of the most important places to show dedication is in your relationships. When you hit rough patches with friends or family—and everyone does—don't give up. Stay patient, really listen, and share honestly how you feel. This kind of dedication builds friendships that last and family bonds that grow stronger.

## 4. Taking Care of Yourself

An, dedication starts with taking good care of yourself. Build healthy habits—eat well, stay active, get enough rest. When you're dedicated to your own wellbeing, you're better prepared to face life's challenges with strength and confidence.

## 5. The Joy of Giving

An, one of the most beautiful ways to show dedication is by helping others without expecting anything in return. Start small—maybe help a friend with their homework or

pitch in with chores at home. When you give with dedication, you'll find joy not just in helping others but in becoming a more caring person.

Lac and An, life will always have its challenges, but practicing dedication daily will help you overcome whatever comes your way. The habits you build today are laying the foundation for your tomorrow.

Remember, dedication is your key to unlocking life's opportunities and successes.

All my love,

Dad.

# THE VALUE AND POWER OF CLEAR PURPOSE

Dear Lac and An,

I want to share with you an incredibly important value that will help you greatly in life, the value of having a clear purpose.

I'm not talking about academic goals or career objectives you might pursue later. Rather, I want to talk about life purpose—that which will help you stay steady on your path, no matter how rough or challenging the road ahead may be.

My beloved children, imagine life as a flowing river. Without a clear purpose, you'll be like a boat drifting with the current, directionless, not knowing your destination or why you're even moving.

But with a clear purpose, that purpose becomes your guiding post, the oar that helps you steer your boat in the right direction. At times, the river might sweep away fragile boats, but if you possess inner strength, your vessel will navigate through the rapids and find peaceful shores.

Purpose isn't merely a goal or dream, but an inner force, an anchor keeping you steady against life's storms. When exhaustion or discouragement sets in, this clear purpose will be the beacon lighting your path, helping you rediscover your faith and strength to persevere.

Lac, at your age, you're undoubtedly facing numerous challenges. Academic pressure, future uncertainties, or sometimes self-doubt. I understand you might feel lost about your direction, your future path, or even question whether you're capable of achieving your aspirations. But remember, a clear purpose will help you overcome all these feelings.

Lac, you'll encounter failures and stumbles. But remember, failure isn't the endpoint—it's merely part of growing up. A clear purpose will help you rise after each fall. View these challenges as opportunities for learning and growth. With a clear purpose, no matter the difficulty, you'll know your path, continue forward, and never surrender.

Remember that hardship is a natural part of growing up. No one matures without facing difficulties and challenges. Your life purpose will be the guiding light, leading you even through the darkest moments.

And An, you're entering a special life phase—adolescence, with both psychological and physical transformations. At your age, confusion, self-doubt, and identity uncertainty are common. You might feel pressure from peers, from others' expectations, and especially from within. You might feel inadequate—not pretty enough, not beautiful enough, not smart enough. This is perfectly natural. But I want you to know that a clear life purpose will help you overcome all these unsettling emotions.

You'll realize these feelings are temporary. With a clear life purpose, you'll know your direction, and there you'll find confidence and strength. Always believe that true maturity comes from understanding your desires and persistently pursuing your purpose.

When facing life's challenges, don't view them as insurmountable obstacles. They're simply part of your growth journey. A clear purpose helps you not only overcome difficulties but also see them as natural life elements, not as frightening or unconquerable barriers.

Lac and An, I hope you'll always remember that no matter life's difficulties, a clear life purpose will be your compass, helping you find your unique path. You're never alone on this journey, as your purpose will always be there, helping you stand strong through every challenge.

Dear Lac and An,

Today, I want to share with you something that I consider immensely important in life, the power of having a clear purpose.

When you have a clear purpose, it's not just a reason to wake up each day, but an inner strength that helps you overcome all difficulties and challenges in life.

That clear purpose is like a bright lamp in the darkness, helping you find your way even when everything around is obscure. That clear purpose not only helps you persevere in difficult times but also serves as a sturdy foundation to maintain faith in yourself, regardless of what challenges may come.



Today, I want to share with you guys about the strength that a clear purpose can provide to help you guys grow and overcome every wave in life.

Lac, at your age, I know you're facing many choices and challenges. Your studies, expectations from yourself and those around you can sometimes make you feel tired and confused. In such moments, a clear purpose will be a great source of strength, helping you not only maintain your determination but also overcome challenges that seem impossible to surmount.

Lac, do you remember, in the most difficult moments, when everything feels like it's crumbling, your life's purpose will be what helps you stand up. That purpose isn't something far-fetched, but rather what you love and are passionate about. For example, if you want to become an architect, that clear purpose will help you get through long nights of studying, overcome difficult exams, and help you continue striving each day. Life's purpose will be the motivation that helps you persevere and not give up, even though the path ahead may be filled with hardships.

I know that you may encounter failures, but that's a natural part of life. Failure isn't the end, but an opportunity for you to learn and grow. Remember, one can never become the best version of themselves if they don't have a clear purpose, so that whenever they stumble, they can rise and move forward.

As for you, An, you're in a developmental stage, full of physical and psychological changes. Adolescence is a

time when you'll feel many pressures from your surroundings, from friends, family, and from within yourself. Sometimes, you might feel lost, not knowing what you want or which path is yours. In such times, a life purpose will help you overcome these feelings of uncertainty.

An, a clear purpose not only helps you find direction in life but also helps you build confidence. For instance, if your purpose is to become a talented artist, you won't be swayed by what others say, but instead, you'll focus on what you love and are passionate about.

When you have a clear purpose, you'll have the motivation to learn, practice, and not fear facing failure. You'll know that nothing is easy, but if you have a clear purpose, everything will become easier.

I hope that you will never lose your purpose during difficult times. Life will sometimes present unexpected challenges, but with a clear purpose, you'll find ways to overcome them, learn from these challenges, and continue to grow.

Lac and An, my beloved children, I want to remind you both that a clear purpose not only helps you find your way in life but is also the strength to persevere in difficult times. Although life may sometimes lead you down difficult paths, if you maintain your life's purpose, the road will always open up ahead. Don't fear challenges, don't fear stumbling, for these are precious lessons that will help you grow stronger.

Dear Lac and An,

I want to continue sharing with you both about practical methods in daily life that you can apply to make “clear purpose” become a living habit.

These methods will not only help you maintain your purpose but also help you build patience, self-confidence, and the ability to overcome difficulties. Every action you take, no matter how small, contributes to forming and strengthening your purpose, and these methods will help you do that naturally.

Below are practical methods that you can apply in your daily life. I will divide this practice into two parts, one for Lac, and the remaining for An. I hope that you will apply them persistently so that each passing day is a step closer to your clear purpose.

### 1. Set Daily Goals

Lac, each morning when you wake up, before starting a new day, take a few minutes to clearly define your goals for the day. It can be a big or small goal, but most importantly, it must be clear. For instance, if you have a test today, the goal could be, “Memorize today's lesson” or “Review previous exercises”. When you set goals, you'll feel confident because you know you have a clear direction for today.

### 2. Create Weekly Planning Habits

Lac, each week, you should set aside specific time at the weekend to plan for the coming week. Write down the major goals you want to achieve during the week, such

as “Complete the research project”, “Read at least one book in your field”, or “Exercise 3 times this week”. When doing this, you won't feel overwhelmed when facing tasks because you know exactly what you need to do.

### 3. Focus on Small Steps

Lac, big goals aren't always easily achieved immediately. Therefore, break down your goals into smaller steps. For example, if you want to complete a research project, instead of thinking about the entire project, you can break it down into steps like “Find reference materials”, “Create an outline”, “Write the first section”, etc. Each completed small step will help you feel closer to your final goal.

### 4. Set Time for Each Task

Lac, when doing any task, set a specific time frame to complete it. For example, “Today I will spend 30 minutes writing the report” or “In 1 hour, I will complete the math homework”. Setting time limits will help you stay focused and create motivation for you to work more effectively.

### 5. Repeat Morning Habits

Lac, each morning, start your new day with small habits that help reinforce your clear purpose. It could be journaling, reading an inspiring passage or article, or meditating for a few minutes to focus your mind. These simple actions help you reconnect with your goals and prepare mentally for a new day.

## 6. Review Daily Goals

Lac, at the end of each day, take a few minutes to review what you've accomplished. This helps you see the progress you've made and identify areas where you need improvement. If you haven't achieved a goal today, don't worry. Try again tomorrow with stronger determination.

## 7. Build a Supportive Environment

Lac, around you are friends, professors, and family who will be important sources of encouragement and support. Talk to them about your goals and ask for their opinions or help if needed. Sometimes, just a word of encouragement or a new idea can help you stay on the right track.

### 1. Set Short-term and Long-term Goals

As for you An, to create a habit of clear purpose, start by setting short-term and long-term goals. A short-term goal could be “Complete homework on time” or “Focus more during classes”. Long-term goals could be “Become an excellent student” or “Have a career you love”. Breaking down goals will help you feel easier and less pressured.

### 2. Focus on One Task at a Time

An, instead of trying to do everything at once, focus on one task at a time. For example, when doing homework, turn off your phone and focus only on that assignment. This will help you avoid distractions and work more effectively.

### 3. Make Consistent Decisions

An, in difficult situations, learn to make decisions and stick to them. For example, if friends invite you to go out but you have a test, commit to studying instead of going out. This consistency will help you achieve your long-term goals.

#### 4. Learn to Face Failure

You won't always succeed, but what's important is what you learn from failure. If you don't achieve good results in a test, don't be sad. View it as an opportunity to learn and do better next time.

#### 5. Improve Self-confidence

An, clear goals will help you build self-confidence. One way to do this is whenever you complete a goal, even a small one, reward yourself with something you like, such as watching a movie or eating your favorite food. This will help you feel happy and proud of what you've achieved.

#### 6. Seek Encouragement from Family

An, don't hesitate to share your goals with your family or close friends. They can help you and provide valuable advice. With support, you'll feel more confident in achieving your goals.

#### 7. Learn to Adjust Goals When Necessary

An, sometimes your goals might no longer be suitable or too difficult to achieve. In such cases, don't hesitate to adjust your goals to match your current circumstances

and abilities. This will help you maintain motivation and not give up halfway.

Lac and An, I hope that you will apply these methods in your daily life to build habits around clear purpose. Each day is an opportunity for you both to develop, learn, and get closer to your goals.

Don't forget that every action, no matter how small, contributes to your growth.

With all my love,

Dad.

# THE VALUE AND STRENGTH OF LONELINESS

Dear Lac and An,

Today, I want to share with you something that you may not think about often, but is very important in life, “loneliness.”

Certainly, in your journey of growing up, you will experience this feeling from time to time. But I don't want you to see it as something negative. In fact, loneliness has great value that we often don't recognize, especially as we mature. Loneliness isn't something to fear, but rather a priceless gift that life gives us.

Imagine yourselves as bamboo trees standing in strong wind. In those moments when the bamboo stands silently, separated from other trees around it, it not only breathes but also feels its own stability. The bamboo doesn't fear loneliness because it knows that in that quietness, it will grow and become stronger. Loneliness is just like that. Sometimes, it brings us valuable lessons about ourselves, about the world around us, and about the relationships we truly need to cherish.

The value of loneliness isn't that it makes us feel lacking or lonely, but that it's an opportunity to look inward, to face ourselves and build inner strength. When we can accept our loneliness, we will also learn how to live with it and overcome all of life's challenges.



Lac, you're at an age where life may present you with many challenges. Studies, career direction, and even questions about yourself are all very real things you're facing. You might sometimes find it difficult to balance everything, and there may be times when you feel lonely, unable to share everything that's happening inside you.

But Lac, loneliness isn't always a bad thing. Sometimes, it helps you see yourself more clearly. From there, you can find your path forward, even when no one is walking beside you. Remember, in your loneliest moments, that's your opportunity to face yourself and discover your inner resources, which you might not have recognized before. This loneliness will help you become stronger, more resilient, and more confident in your decisions.

You don't need to fear facing loneliness, because it's a trustworthy companion in your journey of growth. Loneliness isn't something strange or frightening, but rather a part of the process of learning, developing, and perfecting yourself. Sometimes you might feel like you've failed, but failure itself is a stepping stone to understanding yourself better and what you truly want. And that's how you grow.

Lac, remember, a truly mature person isn't someone who never feels lonely, but someone who can accept loneliness, see its value in it, and knows how to rise after each failure.

As for you, An, adolescence is a very special phase in everyone's life. You'll experience major changes in your psychology and emotions, and there will be times when

you feel different, out of place among friends and those around you. At such times, you'll feel lonely, like no one can understand you. But I hope you understand that feeling lonely during adolescence is a natural part of growing up.

An, in your loneliest moments, that's when you're learning to understand yourself. At times like these, you don't need to rush to seek comfort from others, but rather ask yourself, “Who am I?”, “What do I want?”, “What do I need?” These questions will help you find your direction in life, help you understand yourself better, and what truly matters to you. Loneliness, in this case, is an opportunity to pause and think, helping you find faith in yourself and become stronger.

I know that adolescence isn't always easy, and feelings of loneliness can make you feel sad. But remember, this is the time for you to build self-respect and confidence. Use loneliness to grow, to reflect on your personal values, and to explore the world around you. Don't be afraid when facing loneliness, because it's in loneliness that you'll find your inner strength.

Lac and An, I hope that you will always appreciate and understand the value of loneliness. Whether you're Lac, in young adulthood, or An, in adolescence, loneliness brings you valuable lessons about yourselves.

Don't be afraid when facing loneliness, but rather see it as an opportunity to look deep within yourselves, to grow and become stronger.

Dear Lac and An,

I want to share with you an important topic that you will likely encounter many times in life, “loneliness.” But I don't want you to think of it as something negative or something to avoid. In fact, loneliness carries within it a special strength, an opportunity for you both to connect with yourselves, and more importantly, loneliness helps you grow.

Imagine, children, that loneliness is like a small lamp in the darkness. When everything around becomes unclear, and we have no one beside us, that very lamp will help us find our way forward. Loneliness isn't just a temporary state of feeling lost, but an inner strength that life gives us, to help us find peace within our own souls. Today, I hope you understand that the power of this loneliness isn't something to fear, but an important part of your journey to maturity.

Lac, you're at a challenging age. As a third-year university student, you may be facing many anxieties about your studies, future career, and often, you might feel lonely amid the important decisions you have to make. The loneliness at this time might be an uncomfortable feeling, when you feel a lack of understanding from friends or family, but this is actually a great opportunity to explore and master yourself.

Loneliness will help you learn to be confident in yourself, even when no one is around. Don't be afraid when facing loneliness, because that's when you'll discover strength you never knew you had. Loneliness during difficult

times won't weaken you, but will help you become more resilient. That's when you learn to face yourself, accept failures, and understand that what you do won't always have support from others.

Lac, loneliness also teaches you how to seek creativity and discover new aspects of life. When there's no one to disturb you and no noise around, you'll find new passions, discover ideas that you might not have thought of before. This will help you develop independence, not being dependent on others' opinions. And when you can master yourself in loneliness, you'll realize that your strength is limitless.

As for you, An, at fifteen, emotional instability is inevitable. The changes in your physical and mental state, friendships, and family expectations can all make you feel isolated and misunderstood. Sometimes you might feel lost among everything around you, and at these times, loneliness will be a valuable companion.

When you feel lonely, that's when you learn to find yourself, learn to love yourself before expecting love from others. Loneliness doesn't mean you lack emotional connection, but rather it's a necessary space for you to find confidence and the ability to stand firm in life. When you feel lost, use loneliness as an opportunity to better understand yourself, about what you truly want and need in life.

Loneliness will also help you reassess the relationships around you. You'll understand who is truly important in your life, and who is just passing through. This is the

power that loneliness brings, helping you distinguish what is truly valuable and what is temporary.

Lac and An, I hope that you will recognize the power of loneliness in your lives. Whenever you feel lonely, see it as an opportunity to explore and develop yourselves. When you know how to accept and learn from loneliness, you will become stronger, more confident, and most importantly, you will know how to love and care for yourselves. Life will always have challenges, but when you can stand firm in times of loneliness, you will have the strength to overcome any difficulties and challenges.

Dear Lac and An,

I want to share with you some practical methods for daily life that will help you apply the value of loneliness that I have shared. These methods will not only help you overcome feelings of loneliness but also help you build good habits for personal development throughout your life. Loneliness, when approached properly, can become a source of inner strength that helps you develop patience, independence, and self-reflection.

For each of you, I will share specific methods that you can apply in ways appropriate to each stage of your life. These habits will not only help you become more emotionally stable but also help you sense and find strength in your own loneliness.

### 1. Embracing and Befriending Loneliness

Lac, when feelings of loneliness come, don't rush to avoid them. Try sitting quietly, feeling each breath, and

letting yourself experience the silence in the space around you. You can write in a journal or record your emotions. The feeling of loneliness isn't an enemy, but a companion helping you understand yourself better. For example, you can try spending fifteen minutes each day sitting quietly, listening to your emotions, without needing to do anything—simply breathing and feeling.

## 2. Creating Time for Yourself

Lac, life always has concerns surrounding us, but making time for yourself is very important. Whether it's studying, work, or relationships, you need time to do things you enjoy alone. This not only helps reduce feelings of loneliness but also helps you connect more deeply with yourself. For example, you can spend a weekend afternoon taking a walk in the park, reading, or enjoying a movie you like.

## 3. Developing Personal Passions

Lac, one way to transform loneliness into strength is developing personal interests. When you have a personal passion, you won't feel empty, because that passion will occupy your mind and help you focus on positive things. Whether it's drawing, writing, or learning an instrument, find activities that make you feel fulfilled. For example, you can try spending 30 minutes each day drawing or learning guitar. Each small step will bring you satisfaction and joy.

## 4. Practicing Gratitude

Lac, one method to soothe feelings of loneliness is practicing gratitude. When you begin focusing on the good things in life, from relationships to small successes or peaceful moments, you'll find loneliness becomes more comfortable. For example, each day, you can write down three things you feel grateful for. This will help you feel content with your current life and recognize the good things around you.

## 5. Meditation and Inner Peace

Lac, meditation is an excellent method to harmonize with loneliness, as it helps you sense your own presence without being distracted by surrounding factors. Meditation helps you learn to accept and understand your emotions, thereby improving self-control and patience. For example, you can try meditating for fifteen minutes each morning, finding a quiet space and focusing on your breath to calm your mind.

## 6. Connecting with Nature

Lac, loneliness isn't just an internal feeling, but can be an opportunity to connect with nature. Time alone in nature can help you find peace and better understand the stillness in your soul. For example, you can try walking in the park each morning to immerse yourself in nature, sense the life around you, and let your mind relax.

## 7. Exploring and Challenging Yourself

Lac, finally, loneliness can become motivation helping you explore and challenge yourself. Create small daily goals and persistently achieve them, whether learning

something new or trying an activity you've never done before. These challenges will help you feel proud of yourself, and through that, help you no longer feel lonely.

For example, you can try joining a new class, like cooking or trying a new sport. These things not only help you develop life experience but also help you feel more confident in your own abilities.

### 1. Practicing Recognition of Loneliness

As for you, An, when you feel lonely, don't rush to judge loneliness as something negative. Take some time to ask yourself, “where does this feeling come from?” Asking this will help you understand yourself better and learn to befriend loneliness, rather than avoid it. For example, when you feel lonely, you can sit down, breathe deeply and ask yourself, “Where does this feeling of loneliness come from?”, “Is it due to lacking connection with someone?”

### 2. Creating Habits of Self-Reliance

An, one way to build independence is doing small tasks alone. You can try things like cleaning your room, taking care of yourself, or preparing your own meals. This not only helps you feel more confident but also helps you overcome feelings of loneliness. For example, you can try making breakfast for yourself once, even if it's just a simple piece of toast. This will help you feel proud and stronger.

### 3. Finding Joy in Personal Interests



An, when you find joy in personal interests, feelings of loneliness will no longer make you feel empty. Try to find an activity you truly enjoy, and do it when no one is around. For example, you can try writing in a journal daily, sharing your thoughts and feelings. This helps you understand and love yourself more.

#### 4. Connecting With Friends and Family

An, even though you sometimes feel lonely, maintaining relationships will help you feel loved and supported. You should make a habit of regularly staying in touch with friends and family so you don't feel isolated. For example, you can call friends or message relatives after school to share stories from your day, helping you feel more connected with others.

#### 5. Taking Care of Mental Health

An, loneliness can be a sign that you need to pay attention to your mental health. You can try practicing meditation or yoga to reduce stress and feelings of emptiness. For example, you can spend 10 minutes each day meditating or doing deep breathing exercises to help relax.

#### 6. Living with Gratitude

An, practicing gratitude will help you redirect your thoughts away from feelings of loneliness and focus on positive things in life. For example, each day, you can write down three things you feel grateful for in your journal, helping you see the goodness in life.

#### 7. Accepting and Learning from Loneliness

Finally, An, learn to accept loneliness as a natural part of life. You can try learning from your experiences alone, and through this, you will grow and become stronger. For example, when you feel lonely, you can try learning a new skill, like drawing or playing music, to feel that you're always progressing and not being left behind.

Lac and An, the feeling of loneliness isn't a challenge to overcome, but rather a great opportunity for you both to find lasting peace and happiness in life.

When there are no longer external factors distracting you, you'll have time and space to return to yourselves, to feel more deeply about yourselves, and to learn valuable lessons from the emotions you're experiencing. Loneliness is an invitation for you to live deeply and independently, not being swept away by society's noise or influenced by those around you.

It is in moments of loneliness that you'll have the opportunity to develop wisdom, the ability to understand the nature of all things and phenomena, and you may realize that everything in life is impermanent, not lasting. The feeling of loneliness helps you recognize the temporary nature of everything, thereby creating a solid foundation for you when facing changes in life.

Moreover, loneliness is an opportunity for you both to find the root causes of the problems you're facing. When there's no noise or distraction from the outside world, you'll be able to see more clearly your own thoughts, emotions, and actions. This is the first step in solving deep-seated problems in your soul, issues that you may

have never acknowledged or had the courage to face for a long time.

Therefore, instead of fearing or trying to avoid feelings of loneliness, learn to accept loneliness as part of your journey of growth. In loneliness, you will learn to love yourself, appreciate what you have, and from there, you will feel happy and peaceful in your own life.

Let loneliness become a teacher, a companion helping you develop inner strength and find peace in your soul.

I hope that you always know how to make use of each moment alone to deeply understand yourselves and the world around you, so that from there, you can step by step move toward a life full of meaning, peace, and lasting happiness.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER FROM LONELINESS TO CONNECTION

Dear Lac and An,

Life flows with constant changes, and in each step you take, I know that you will face many challenges. There may be times when you feel tired, sometimes lonely, and feel like you're alone in this vast world. In those moments, I want you to understand that “loneliness” is not something evil or frightening. On the contrary, loneliness can be a wonderful opportunity for you both to connect more deeply with yourselves and to learn how to love and empathize with those around you.

I want to share with you a crucial topic in life, “The transformative power from loneliness to connection.”

Of course, this is not just a theory or concept, but a profound truth that I have experienced over many months and years. Let me tell you a small story about a bamboo tree. The bamboo may break during a strong storm, but its new shoots grow back stronger after each big wind. That is the power of loneliness and connection. Life's challenges, like the winds, may hurt you initially, but these very challenges help you grow and develop stronger.

My dear children, the transformative power from loneliness to connection is not just a quality, but an inner strength, an ability that helps you overcome difficulties

and grow stronger in all circumstances. One could say that loneliness is a part of life, but if you know how to utilize loneliness, you will never feel truly alone. I believe that with this transformative power, it will help you realize that in loneliness, you can always find deep connections with yourselves and with those around you.

Lac, you are at a very important age in your journey of growth. At twenty, entering your third year of university, you will face significant challenges. You might feel pressure from your studies or sometimes doubt about your career path. The world around you is vast and full of challenges, and sometimes feelings of loneliness will emerge when you face these difficulties.

I hope you understand that these feelings are completely normal. Loneliness is not wrong. Loneliness is just part of the growing process. Sometimes, you need to feel lonely to listen to your inner voice, to better understand what you truly want, and to find your own path. When you face doubt, feelings of inadequacy, or anxiety about the future, remember that loneliness itself can help you connect with yourself and help you become clear about what you need to do.

Lac, in the process of growing up, you will also face failure, which is inevitable. But I hope you understand that failure is not the end. Each failure is a valuable lesson, and if you know how to transform failure, you will find yourself stronger and more mature. Just like the bamboo that breaks and grows again, you too will rise after each fall, and each time will make you more stable in your journey.

Lac, remember that connection doesn't always come from external relationships. Sometimes, the deepest connection is with yourself, when you learn to accept yourself and find your true value. Loneliness is an opportunity to recognize yourself and learn from within. When you can connect with yourself, you will also easily connect with others around you.

As for you, An, when you're going through puberty, the physical and psychological changes can make you feel out of place. You may have negative emotions or feel pressure from friends and those around you. These are very common feelings during this phase. But I hope you remember that this very loneliness can help you overcome all those negative emotions.

I know you're going through emotional instability, sometimes moments of confusion about yourself and the world around you. But remember that nobody in this world is perfect, and it's in those moments when you feel lonely that you'll learn to understand and love yourself. When you face challenges, don't hesitate to seek connection from within. This connection will help you build confidence, accept changes, and overcome the difficulties that puberty brings.

An, remember that feeling lonely is not something bad. Sometimes, it's when you need to pause for a moment, reflect on yourself, and feel what's happening around you. When you learn to love and accept yourself, you will feel much stronger and more confident. And when you know how to love yourself, you will also have the ability to love others around you.

Lac and An, I hope you understand that loneliness is not your enemy that you need to destroy or run away from. Loneliness is a part of life, and if you know how to transform loneliness, it will become strength, helping you connect more deeply with yourselves and with those around you.

Loneliness will help you recognize your self-worth, learn from failure, and find the right direction in life now and in the future. Never be afraid when you feel lonely, because that's when you can find the inner strength to overcome any challenge.

No matter how difficult life may be, always believe in yourselves, and remember that connection begins with you. When you can connect with yourself, it means you will be able to connect with all the good things happening around you.

Dear Lac and An,

I want to continue sharing with you some specific practical methods that you can apply in your daily life to transform loneliness into connection. These are not difficult things, but rather small yet powerful habits that will help you nurture your inner strength and gradually change how you perceive yourself and the world around you. These methods will not only help you overcome difficulties but also help you develop comprehensively, creating a solid foundation for your journey to maturity.

Let's explore these methods together and apply them in practice, day by day, step by step, so you can experience positive changes in your lives.

Lac, as you enter adulthood, you will face many challenges. I want to share with you specific practical methods to help you transform loneliness into connection, creating habits that help you grow more mature each day.

### 1. Taking Time for Yourself

Lac, sometimes when you're stressed with studies and work, you easily fall into feelings of loneliness and fatigue. I advise you to spend at least fifteen to twenty (15-20) minutes each day sitting alone, relaxing, and reflecting on what you've experienced during the day. This time helps you connect with yourself, review your emotions and thoughts, and find inner peace. For example, after a tiring day of studying, you can sit in your room, take deep breaths, and think about the positive things you've accomplished during the day.

### 2. Keeping an Emotional Journal

Lac, you should write a daily journal to record your emotions. Sometimes, sharing your thoughts and feelings with yourself can help release emotions that cannot be expressed. This not only helps reduce feelings of loneliness but also helps you better understand yourself. For example, you can write, "Today, I feel tired from studying, but I also learned how to face difficulties without giving up."

### 3. Learning to Accept Failure

Lac, failure is an essential part of the growth journey, and each failure is an opportunity for you to learn and grow.



View failure as a natural part of life. Whenever you feel disappointed, you can tell yourself, “I did my best, and this failure will teach me how to do better next time.” This reminder will help you transform loneliness into motivation to rise up and connect more deeply with yourself.

#### 4. Sharing with Friends and Family

Lac, when you feel lonely, don't hesitate to share with close friends or family. Sharing will help you feel lighter and not feel alone. For example, if something makes you sad in your studies or life, you can call a close friend to share. Connecting with others will help you feel the love and support from those around you.

#### 5. Practicing Meditation and Mindfulness

Lac, you can practice meditation or mindfulness daily. These are methods that help you find peace, connect deeply with yourself, and recognize the small values in life. When you feel stressed or anxious, just take a few minutes to breathe deeply and focus on the present sensation. You will surely feel lighter and more peaceful.

#### 6. Creating Long-term Goals and Living with Direction

Lac, build long-term goals for yourself in both studies and career. Clear goals will help you not feel lost in your journey, and when you pursue your goals, you'll find that you always have motivation and direction. For example, if you want to become an architect, set specific steps for each school year to gradually achieve that goal.

#### 7. Focusing on Community Connection

Lac, finally, you can seek volunteer activities or participate in community organizations. Helping others will make you feel deeply connected with those around you while also helping you feel that you are useful to society. For example, you can participate in volunteer activities at charitable organizations in your school area.

As for you, An, adolescence is a stage where you will face unstable emotions, feelings of loneliness, and changes in both body and psychology. I know these changes can make you feel confused and sometimes unable to fully understand your emotions. But remember that these feelings are all a natural part of growing up. I want to share with you methods to help transform loneliness into connection.

### 1. Listening to and Understanding Your Emotions

An, spend time each day listening to and understanding your emotions. When you feel sad, angry, or disappointed, don't rush to suppress those emotions. Sit down and ask yourself, "Why do I feel this way?", "Am I under pressure from studies or friends?" When you understand your emotions clearly, you'll be able to adjust more easily and won't feel lonely in such times.

### 2. Practicing Journal Writing to Share Emotions

An, like your brother Lac, you can also write a journal to record your thoughts and feelings. This not only helps release emotions but also helps you better understand yourself. You can write, "Today, I feel not good enough in my friends' eyes, but I also realize that I don't need to

be perfect.” This will help you feel lighter and learn to love yourself more.

### 3. Seeking Support from Family and Friends

An, when you feel lonely or anxious, don't hesitate to share with your parents or close friends. The connection from loved ones will help you feel that you're not alone. Remember that people around you are always ready to help you. For example, if you encounter difficulties in studying, you can ask for opinions from friends or family to receive support.

### 4. Practicing What You Love

An, spend time doing things you love, like drawing, playing sports, or listening to music. When you do things you're passionate about, you'll feel connected with yourself, and loneliness will disappear. For example, if you like drawing, spend 30 minutes each day creating artwork. This will help you focus on positive things and avoid feelings of loneliness.

### 5. Learning to Face Change

An, adolescence is a period full of changes, but it's also when you learn to adapt to transitions. When facing changes in life, don't be afraid or anxious. View each change as an opportunity to help you grow. Through changes, you'll build confidence and overcome feelings of loneliness.

### 6. Seeking Healthy Relationships

An, seek healthy relationships that help you develop your completeness. Good friends will be wonderful sources of encouragement in your life. You can join study groups and favorite clubs to meet people with similar interests and values. These relationships will help you feel that you're not alone and always have connections in life.

Lac and An, the practical methods I've shared above will help you transform loneliness into connection in your daily lives.

Remember that whenever you feel lonely, just calm your minds and find connection with yourselves, with those around you, and with this life. If you practice every day, you will experience positive changes in your life.

With love and support from family, I'm confident you both will grow stronger and happier in your journey.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER OF TURNING ANGER INTO FORGIVENESS

Dear Lac and An,

Today, I want to share with you guys a value that I have always cherished, and I hope you will find strength in as you grow up. It is “the power to transform anger into forgiveness.”

My dear children, in life, we cannot avoid moments when we feel angry, sad, or disappointed. But in these very moments, if we can approach problems with an open heart, anger can become a foundation for forgiveness and love to grow together.

Do you know, my children, that feelings of anger are like a passing storm, disrupting everything around us? But if we understand that it is just a part of life's flow, like a cloud passing across the sky that will eventually dissipate, we can easily see the value in calming our anger, replacing it with understanding and forgiveness. Forgiveness is not just a virtue but an inner strength that helps us overcome difficulties and conflicts, making us stronger.

Lac, I know you are in a crucial phase of your life— young adulthood, where academic pressure, career choices, and sometimes self-doubt can make you feel confused, tired, and stressed when things don't go as

planned, and you might sometimes feel it's unfair to face such challenges.

There will be times when you feel pressure from your own expectations or those of others around you. In such moments, instead of letting anger and stress affect you, look back and realize that every step you take, whether success or failure, is an important part of your journey to maturity.

Don't let negative emotions control and dominate you; instead, find ways to transform them into learning experiences and self-forgiveness. Only when you can forgive yourself can you truly overcome any challenge.

As for you, An, I know you're going through puberty, where physical and psychological changes and peer pressure can make you feel uncertain and sometimes lacking confidence in yourself. Impulsive emotions and anger can easily arise in situations that seem unreasonable.

Sometimes, you might feel unfairly treated or feel like no one can understand you, and that's when you're prone to anger and losing control. However, you need to remember that anger isn't the solution to any problem. It's just a temporary reaction that doesn't help resolve anything. Instead, forgiveness will be the key to helping you overcome negative emotions and find peace in your heart.

An, when you have conflicts with classmates and feel angry because you feel unacknowledged by other friends, instead of holding onto that anger, you should have an

open conversation with those friends about your feelings with a forgiving heart.

Forgiveness isn't just about pardoning others; it's about understanding others' emotions and your own. When you learn to accept yourself, with all your weaknesses and imperfections, you'll find it easier to forgive others, and as a result, your life will become lighter.

An, remember that you cannot avoid conflicts and difficulties in life, but these situations will help you develop patience and forgiveness. Don't let anger cloud your vision; instead, see opportunities to learn, grow, and love yourself more. You are strong, An, and that strength comes from your ability to forgive, to listen, and to share your emotions calmly.

Lac and An, life will never be without challenges, but these challenges are opportunities for you both to grow and become stronger. Remember that forgiveness isn't just a virtue; it's an invisible force that helps you overcome anger, suffering, and conflict. Being forgiving toward yourselves and those around you will help you not only overcome difficulties but also find true peace and happiness in your lives.

Always believe in yourselves, and even when life doesn't go as planned, never forget that forgiveness will always be the guiding light, helping you find peace in your hearts. Only when you learn to forgive yourselves and others can you truly live in a beautiful world filled with love.

Dear Lac and An,

I know that life often puts us in situations where anger, suffering, and hurt can easily arise. But in those moments, if you both know how to practice forgiveness, you will discover a magical strength that helps you transform yourselves and your relationships with those around you.

In this section, I want to share with you some simple but highly effective methods to help you practice and nurture forgiveness each day.

You don't need to rush or try too hard. With small steps, persistence, and understanding, you will gradually see changes within yourselves. Let's start with the simple things in daily life, so you can realize that true strength lies not in anger but in the forgiveness we show each other.

Lac, you have entered adulthood, facing greater challenges in life. I know that sometimes you feel stressed and anxious about the future and academic pressures. However, in those moments, remember that forgiveness isn't just about being forgiving of others but also about forgiving and loving yourself. I hope you'll try some simple practices, and I hope they will help you develop forgiveness step by step, not only towards others but also towards yourself.

## 1. Looking Back at Your Challenges

Lac, when facing failure or difficulties, instead of blaming or being angry with yourself, try to view failures as valuable lessons. Ask yourself, “What have I learned from this failure?” “How can I do better next time?”



These questions and answers not only help you learn from your mistakes but are also a way to practice forgiveness towards yourself.

## 2. Accepting and Understanding Yourself

Lac, you're in a phase where you sometimes doubt yourself. You might feel that you're not good enough, not strong enough to face challenges. But Lac, don't be too harsh on yourself. You are a person in the process of growing and improving. Sometimes, just recognizing that you're not perfect is the way to begin practicing self-forgiveness.

## 3. Practice Silence when Angry

Lac, when anger flares up, try to pause, take deep breaths, and find a quiet space to think. Don't let anger control your actions. Look at the issue objectively, without rushing to judgment. This practice will help you maintain composure and not let negative emotions dominate and control you. This is an act of forgiveness you show toward yourself.

## 4. Empathize and Put Yourself in Others' Positions

Lac, when you feel hurt or dissatisfied with someone, try to put yourself in their position. Empathy is the key to practicing forgiveness. You can't fully understand everything others go through, but if you know how to listen and share, you'll find it easier to understand and forgive.

## 5. Building Habits of Reminding Yourself About Forgiveness

Lac, each morning when you wake up, take a few minutes to remind yourself about the value of forgiveness in life. You can write down a quote or words of encouragement to reflect on and use that as your compass for the day. This is a way to start each new day with a positive mindset and readiness to practice forgiveness.

## 6. Choose Gentle Words

Lac, sometimes when you face difficulties, it's easy to let emotions burst out through unkind words. But if you can choose gentle, tactful words in any situation, it will help you not only maintain forgiveness towards others but also help yourself feel more at peace. Words have power—use them to build, not to destroy, my child.

## 7. Apologize When Necessary

Lac, if at any moment you feel you've acted wrongly, don't hesitate to apologize. An apology not only helps you reconcile with others but is also an expression of self-forgiveness. Sometimes, forgiving yourself can be a great challenge, but it's an important step in the journey of growing up.

As for An, adolescence is a phase where you're going through many psychological and emotional changes. Sometimes, you might feel misunderstood, or perhaps lonely and sad. But An, in those moments, forgiveness is the key that helps you face your emotions and overcome difficulties. I hope you'll practice some simple methods below to nurture your forgiveness in daily life.

## 1. Finding Peace within Yourself

An, when you feel tense or anxious, find a quiet space and take time for reflection. Sometimes, silence will help you listen to your true emotions, and from there, you can face them with forgiveness, rather than letting them control your thoughts and actions.

## 2. Don't Compare Yourself to Others

An, never compare yourself to those around you. Each person has their own journey, and everyone develops differently. Accepting the differences between yourself and others will help you practice forgiveness towards yourself and those around you.

## 3. Be Ready to Forgive Small Mistakes

An, sometimes others will disappoint you or not meet your expectations. Instead of holding onto anger for long, try to forgive them. Forgiveness is knowing that no one is perfect, and everyone can make mistakes. You can give them a chance to make things right.

## 4. Practice Gratitude

An, each day, write down the good things you receive from life. When you feel grateful for the good things happening around you, you'll find it easier to be forgiving towards others. This helps you view life more positively.

## 5. Take Time to Listen

An, sometimes, just taking a moment to listen to others is already an act of practicing forgiveness. When you truly listen, without judgment, you'll understand others better and won't be easily controlled by angry emotions.

## 6. Help Others Without Expecting Anything in Return

An, when you help someone without expecting anything back, you'll feel joy and peace in your soul. That's a powerful way to practice forgiveness. Help those around you with all your heart, and you'll receive even more in return.

Lac and An, life will always have challenges, but if you know how to apply forgiveness in your daily lives, you'll feel lighter and more peaceful.

Forgiveness helps you not only overcome difficulties but also opens your hearts wider, understanding and loving more.

Always believe in yourselves, no matter how difficult life becomes. If each day, you practice forgiveness in your behavior, you will gradually build a strong soul full of love, and that's the most wonderful thing in this life.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER OF TURNING RESENTMENT INTO GRATITUDE

Dear Lac and An,

There are times in life when you both may feel stuck and lost, as if wandering in a dense forest with no way out. These challenges might come from studies, work, or relationship issues. And in such moments, you might feel like everything is working against you.

But do you know, in all these challenges, there is an invisible power that you can grasp—the ability to “transform resentment into gratitude.”? This is an important value that I want to share with you guys.

My dear children, when you look at the blue sky, you'll see clouds drifting lazily, sometimes dark and bringing storms. However, clouds aren't just dark masses—they're also the very clouds that can bring water to help plants grow and nurture life.

Similarly, life's challenges may make you feel weary, but these very challenges are opportunities for you to grow stronger and more resilient. And throughout this journey, if you can view everything with gratitude instead of resentment, these difficulties will become valuable lessons helping you shine.

My dear children, resentment is an emotion that easily flares up when you feel unfairly treated or face adversity.

But if you remain trapped in this emotion, you'll never see the light ahead. Only when you learn to let go of resentment and replace it with gratitude will you realize that everything has its reason, and every challenge can become an opportunity for growth.

I understand and want to emphasize to you both that transforming resentment into gratitude isn't easy, but it's a process that requires patience and deep understanding of life. And importantly, in this life, no one can live without facing difficulties, but those who appreciate and learn from these difficulties will become truly strong.

Lac, as you enter adulthood, you'll face many significant challenges. The university years, academic pressure, career decisions, or even self-doubt can make you feel very tired. Sometimes you might feel helpless when unable to meet your own and others' expectations. But you know what? In such times, instead of blaming life or yourself, look at these challenges as opportunities to learn and grow.

Life isn't always easy, but it's in these difficult times that you'll find your true strength. Try looking back at your past failures. Failure isn't the end but a step forward in your journey of growth. These failures help you recognize what you need to change and continue striving. More importantly, when you view them with gratitude instead of resentment, you'll understand that they're an essential part of your growing journey.

For example, in a difficult exam, if you don't achieve the results you hoped for, instead of blaming yourself, reflect

on what you've learned from these experiences. It might be ineffective time management, lack of study methods, or awkward ways of handling pressure. All these are valuable lessons you couldn't have gained without going through challenges. And when you're grateful for these difficulties, you'll find yourself much stronger.

Lac, remember that growth doesn't come from easy successes that you readily achieve; it comes from the challenges and difficulties you've overcome. When you view life from a perspective of gratitude, everything becomes more bearable, and you'll feel the strength within you.

And An, adolescence is a turbulent phase in life. You're going through major physical and psychological changes, and you might feel not strong enough when facing life's challenges. Pressure from friends, family, and yourself might make you feel lonely, lost, and anxious. But An, I hope you understand that these emotions are natural parts of growing up, and what's most important is how you face these negative emotions.

Never think that you're the only one facing these difficulties. Everyone has moments of feeling lost and confused. But instead of being swept away by feelings of resentment towards life, learn to be grateful, because these difficulties have taught you many things. Challenges help you understand yourself better and help you recognize the value of patience and the ability to overcome yourself.

For example, when you face difficulties in studying, instead of feeling resentful because you feel inadequate, try thinking about what you've learned from that effort. You might not have achieved the desired results, but through this process, you've learned to work harder, learned how to seek help when needed, and most importantly, learned how to face failures calmly. That is growth.

When you face difficulties and challenges in life with gratitude, you'll realize that everything has its reason. Nothing is meaningless in this life. Every difficulty can become a precious lesson helping you grow. And when you can transform resentment into gratitude, you'll feel peace in your soul.

Lac and An, I know that life is never easy, and sometimes you'll feel confused and tired. But in such moments, remember that your greatest strength is the ability to transform difficulties into opportunities, and from there, learn to live with gratitude. When you can do this, your lives will become much lighter and more meaningful.

Always maintain faith in yourselves, no matter how difficult life or circumstances may be. Always remember that whatever challenges you're facing, these difficulties are part of your growth journey. These challenges and trials will help you guys become stronger and more confident in yourselves.

Dear Lac and An,

After understanding the power of transforming resentment into gratitude, you will need to practice



making this power a part of your daily lives. This is not easy, but it is entirely achievable if you understand that it is a continuous process, starting from the smallest actions to major changes in how you view life.

In this section, I will share with you some specific practical methods that I believe will help you develop habits of gratitude in every moment of life.

I want to emphasize that these are not just methods to solve problems but ways to help you grow and recognize the true value of each challenge in life. Through this, each of you will find peace and joy from within yourselves.

Lac, as you enter adulthood, with greater life challenges such as studying, career orientation, or pressure from within, practicing gratitude can help you feel lighter and more easily overcome these obstacles. Below are the practical methods I want to share with you, hoping they will help you gradually form habits and discover the power of this gratitude.

### 1. Viewing Challenges as Learning Opportunities

Lac, whenever you face difficulties in studies or work, instead of feeling angry or sad, try to think of that difficulty as an opportunity to learn.

For example, when you encounter a difficult math problem, instead of thinking, “Why is it so hard?” you should think, “This is an opportunity for me to learn something new.” When you're grateful for challenges,

you won't feel discouraged but will have more motivation to continue striving.

## 2. Practicing Gratitude Every Morning

Lac, each morning when you wake up, you can take a few minutes to list things you feel grateful for. These can be small things like a beautiful morning, a good cup of coffee, or simply that you have the health to study. You can write them down in a gratitude journal. This will help you start the new day with a positive attitude and open yourself to receiving good things.

## 3. Being Grateful for Those Around You

Lac, never forget that the people around you contribute to making this life what it is. You can take some time to thank those who help you in your studies, work, or life. Just a sincere thank you is enough to create connection and spread positive energy.

## 4. Transforming Feelings of Failure into Lessons

Lac, you may have experienced failure in your studies or work, but instead of blaming or finding fault, transform those failures into valuable lessons. For instance, when you fail a test, instead of feeling desperate, think, “I will learn from these mistakes to do better next time.”

## 5. Finding Good in Every Situation

Lac, in every situation, whether difficult or favorable, try to find something to be grateful for. For example, when an incident occurs, like being late or losing documents, instead of getting angry, you can ask yourself, “Could

this be an opportunity for me to learn more patience?” Finding positivity in everything will help you maintain an optimistic spirit.

## 6. Practicing Gratitude through Helping Others

Lac, take time to help those around you, like friends or family. When you help others, you will experience the value of gratitude and sharing. This also helps you feel happier and makes life more meaningful.

## 7. Reviewing Failures Each Month

Lac, take time each month to look back at what you've experienced. Write down all the failures and incidents you've encountered, and then look back at what you've learned from them. This helps you realize that each failure contains a valuable lesson and is an essential part of your journey to maturity.

An, during puberty, you will face many psychological and emotional challenges. Sometimes, you might feel lost or confused about what's happening in your life. However, gratitude can be a key to helping you overcome these difficulties. Here are some practical methods to help you gradually form habits of gratitude in your daily life:

### 1. Being Grateful for Yourself

An, each morning when you wake up, take a moment to thank yourself for having a new day, for being healthy, and for what you've accomplished. Don't be too harsh on yourself. Even small things deserve gratitude, dear. For

example, when you complete a difficult assignment, tell yourself, “I did very well!”

## 2. Focusing on the Good Things Around You

An, you might feel lonely when friends don't understand you, or you might feel insecure about your appearance or how you dress. But An, each day, try to look for positive things around you. For instance, when you go to school, notice how people treat each other. You'll see that there are always beautiful things around you to be thankful for.

## 3. Being Grateful for Parents and Family

An, never forget that throughout your journey of growing up, family is always your solid foundation. Take time to thank your parents for always being there, loving, and supporting you. Sincere words of thanks will help you understand and appreciate more what you have.

## 4. Viewing Body Changes with Gratitude

An, during puberty, your body will undergo many changes, and sometimes you might feel anxious about these changes. Instead of being anxious or afraid, view your body as a gift. Thank your body for allowing you to go to school, play sports, and experience this world.

## 5. Sharing Joy with Friends

An, when you have happy moments, don't forget to share them with friends around you. Sometimes these small moments are the most precious things. For example, when you do something fun with friends, thank them for creating beautiful memories in your life.

## 6. Viewing Difficulties as Part of Life

An, sometimes you will face difficult situations that cannot be avoided. But instead of complaining or worrying, accept and learn from these difficulties. Each challenge will help you grow more mature, and you will realize that difficulties are just a natural part of life.

Lac and An, each passing day, you will face many challenges and difficulties. However, when you learn to view these challenges with gratitude, you will realize that everything happens for a reason and every difficulty brings a valuable lesson.

Keep faith in yourselves and face life with a heart full of gratitude. I believe that with your effort and perseverance, you guys will overcome all challenges to grow up in lasting happiness and peace.

With all my love,

Dad.

# THE POWER OF TRANSFORMING DISAPPOINTMENT INTO MOTIVATION

Dear Lac and An,

Life is sometimes like a river, vast, ever-flowing, and never the same. There are times when the river is calm and gentle, but there are also times when it's turbulent, murky, and makes us feel lost.

When facing difficulties and challenges, people often feel tired, disappointed, and even desperate. But it is in these moments that I want to share with you both a powerful quality, the most important quality a person can possess: the ability to transform disappointment into motivation.

Lac, I know that at your age, you're facing many pressures and challenges. Surely, the pressures from studying, career direction, or self-doubt sometimes make you feel tired and discouraged. But Lac, remember that failure is inevitable. The difficulties you face are valuable lessons that help you grow. This is how you can learn things that books cannot teach you; this is how you can view life more deeply and thoroughly.

You probably still remember last year's exam, when you felt you had prepared very carefully, yet the final result wasn't what you had hoped for. Disappointment was a feeling you might have experienced very clearly. But through that, you learned many things. You learned how

to face failure, and more importantly, you learned how to stand up and continue moving forward. Each fall is a lesson in becoming stronger.

For you, disappointment is not the end but an opportunity for growth. When you fail, you will have even more motivation to strive harder because you know that no success comes without challenges. You have viewed failure as a teacher, teaching you valuable lessons and helping you continuously improve yourself. For you, each failure is just a step in your long journey, and this transformation will help you reach your destination more steadily.

As for you, An, adolescent life isn't easy at all. You will clearly feel the major changes in your physical and psychological state. Emotional instability and peer relationships sometimes make you feel not good enough, or not as good as others.

That's a feeling none of us can avoid during high school years, and in fact, sometimes these feelings make you feel lonely and out of place. But An, loneliness is not a bad thing. Loneliness is part of the growing process, and when you learn to face loneliness, you will realize that in that solitude, you will find yourself.

Surely, you have felt disappointed when you couldn't do something as you wished or when you had friends who you felt didn't understand you. But remember that in such moments, you can find strength within yourself. When you feel disappointed, you can use that as motivation to find solutions to problems. Disappointment is not an

endpoint but an opportunity to find new paths. The ability to transform disappointment into motivation will help you view these challenges as steps forward on your path to growth.

An, once again, you must remember that failure and disappointment are not bad things. These will be the driving forces that help you understand yourself better, help you grow, and help you become stronger. Use these failures as motivation, helping you rise up and achieve what you desire. Because, just as rain helps trees grow, failure will give you the strength to stand up more firmly.

Lac and An, I know that every path in life has its own difficulties and challenges. Even though you both encounter failures, or times when you feel insufficient. But remember that strength doesn't come from avoiding failure but from the motivation to face and learn from them. Each stumble is an opportunity, a motivation to help you grow, and help you both become more steady on that journey.

Believe that in every difficulty lies an opportunity, and with persistence and self-belief, you both will overcome everything. Every step you take, whether small or large, is a solid step toward growth. Never forget that disappointment will be the motivation, the source of strength that helps you both overcome everything.

Dear Lac and An,

I know that what I'm sharing today may not be easy to apply immediately, but I hope you understand that all big



changes start with small habits. Transforming disappointment into motivation isn't something we can accomplish in just one day—it's a long process that requires your persistence and awareness.

Therefore, in this section, I'll share with you practical methods that you can apply to your daily life to make the transformation from disappointment to motivation become a natural part of your lives.

These methods will not only help you face disappointment but also help you learn to become stronger and more resilient each day. I hope that you will find connection and strength from these methods, helping you overcome all the challenges that life brings.

Lac, I understand that at your age, there are many challenges, from career orientation to academic pressure to self-doubt. But I want you to understand that all these feelings are part of the journey of growing up. Disappointment is sometimes unavoidable, but what's most important is whether you know how to transform it into motivation in the process of helping you mature.

### 1. See Disappointment as Part of the Learning Process

Lac, when you face failure, don't rush to feel sad or discouraged. Disappointment is a natural part of learning and growing up. Think about a time when you faced difficulties in your studies. Instead of thinking you're not good enough, now look at the lesson you can learn from it. For example, when you get a test wrong, rather than criticizing yourself, try to analyze why you made mistakes and what you can do to improve. You see, each

failure contains an opportunity for you to learn. Remember, no one succeeds without experiencing failure.

## 2. Create a Habit of Recording your Feelings and Thoughts when Disappointed

Lac, when you feel disappointed, try writing down your feelings in a notebook. This will help you see more clearly what you're feeling and help you realize that disappointment isn't permanent. For example, if you feel overwhelmed with academic pressure, write down your thoughts, then look back and find solutions. Writing down your feelings will help release negative emotions and help you better understand yourself.

## 3. Focus on What You can Control

Lac, there are things in life you cannot change, but there are things you can completely control. When you face disappointment, focus on actions you can take to change the situation. If you're not satisfied with your academic results, seek help from professors or friends instead of just blaming circumstances.

## 4. Use Disappointment to Define Clearer Goals

Lac, each time you feel disappointed, you can look at that emotion as an opportunity to define your goals. Setting specific and clear goals will help you avoid feeling confused and not knowing what to do. For example, if you feel tired of studying, set small goals, such as, "I will study an extra 30 minutes daily on subjects I'm weak in.". Small goals will help you feel progress each day.

## 5. Create a Quiet Space to Reflect

Lac, when you feel pressured or disappointed, take time to be alone in a quiet space. This will help you think more clearly about the problems you're facing. Sometimes, just a little time to breathe and think about the situation will help you gain a new and more positive perspective.

## 6. Seek Encouragement from those Around You

Lac, remember that no one has to face difficulties alone. When facing disappointment, don't hesitate to share with your loved ones around you. Parents, mentors, or close friends are all ready to listen and help you see problems from different angles. For example, when you feel anxious about the future, share with close friends or professors about what you're thinking. Sharing will help you feel lighter and make it easier to find better solutions.

## 7. Repeatedly Face Disappointment Positively

Lac, each time you face disappointment, see it as an opportunity to learn and grow. With each failure and disappointment, you'll become stronger. Remember, there's no success without previous missteps. So, keep trying. Remember, each time you face disappointment is another step closer to your goals.

As for you, An, I know that adolescence is a turbulent time with many physical and psychological changes. You might feel lonely or pressured by friends or simply feel disadvantaged. But you need to understand that these are just emotions we all go through, and there's nothing

wrong with that. What's important is how you transform these emotions into motivation for yourself.

### 1. Accept Your Emotions

An, whenever you feel disappointed or dissatisfied with yourself, don't try to deny these emotions. Instead, accept that these emotions are part of you, and there's nothing wrong with them. Look at these emotions and ask yourself, "Why do I feel this way?" Finding the cause and accepting it will help you no longer feel weak or lacking.

### 2. Find the Cause and Solution

An, when you feel disappointed, try to understand what's causing these emotions. Is it because you're not good enough, or because you haven't tried your best? Once you find the cause, you'll know what to do to change. For example, if you don't feel confident speaking in front of the class, try practicing in front of a mirror or participating in group discussions to improve.

### 3. Share Your Feelings with Loved Ones

An, when feeling lonely or disappointed, don't keep these emotions inside. Share with your parents or friends what you're going through. Sharing will help you not feel alone in life. Rest assured that parents will always listen and be ready to help you find solutions.

### 4. See Disappointment as an Opportunity to Grow

An, don't see disappointment as something bad, but rather as an opportunity for you to learn and grow. Each

time you face difficulties, you'll learn something new, and that will help you become stronger. For example, if you fail a test, ask yourself, “What have I learned from this to do better next time?”

## 5. Create Positive Daily Habits

An, habits are the key to maintaining motivation in life. Start each day with a positive thought, such as, “Today I will do my best.” When you practice these positive habits, it will help you maintain motivation and continue to overcome challenges and difficulties around you.

## 6. Don't Fear Change

An, change is inevitable in life. So don't fear change, because it's an opportunity for you to learn and develop yourself. If something doesn't happen as you wish, don't feel sad or disappointed, but see it as an opportunity to start a new direction.

Lac and An, what I have shared with you today are just small steps in your long journey. Each disappointment will be a stepping stone for you to become stronger and more mature people. Always remember that life isn't always smooth sailing, but it's these difficulties that will help you guys better understand yourselves and what you truly want.

Be persistent, stay optimistic, and remember that disappointment is just a part of life, so it doesn't determine your future. I believe you both will always find ways to overcome disappointments easily when you guys

know how to transform disappointments into powerful motivations within yourselves.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER OF TURNING FAILURE INTO OPPORTUNITY

Dear Lac and An,

There's something I want you both to always remember, life isn't just filled with sunny days but also includes sudden storms, bumpy roads, and challenging turns. Failure, therefore, is a natural part of the journey that every person must experience. But what makes the difference is not avoiding failure but how we face it and transform it into strength and opportunities for growth.

My dear children, failure is like a stream of water flowing through rough rocks, constantly changing shape, yet becoming stronger and clearer because of it. It continuously finds its way through obstacles, carving its own path forward. To me, failure is exactly like that stream—gentle yet resilient, accepting obstacles but never stopping.

In the light of transformation, failure is no longer something to fear but becomes a great teacher, helping you discover new aspects of yourselves that you might not have known before. And this is the gift I want to share with you today—how to turn failure into opportunity. This isn't just a lesson to help you overcome challenges, but an inner strength that helps you stand firm in the face of difficulties.

Lac, your twenties are a colorful phase, both brilliant and challenging. The pressures from studying, finding your passion, career direction, or self-doubt can make you feel tired and discouraged. I know that you're standing at important crossroads in your life, where you might sometimes feel lost, adrift, or unsure which direction to take. But Lac, remember, failure isn't a full stop but rather like a door closing to make way for another to open.

I remember once, in my early career years, I poured my heart and mind into a project that ultimately failed. The feeling was painful, as if the whole world had turned its back on me. But after many nights of reflection, I realized that failure wasn't just a loss but an opportunity to look at myself, learn from my mistakes, and become stronger. Without that failure, I wouldn't have gained the stability and experience I have today.

Lac, you might be facing pressures from studies or doubts about your abilities. But remember, pressure is what turns coal into diamonds. Each failure is an opportunity to learn, to explore new limits of yourself, and to get closer to the person you want to become.

Also, failure is a lesson in patience and forgiveness. So, don't be too harsh on yourself when you stumble. Tell yourself that it's just part of the journey and that every failure carries within it a precious gift—even if sometimes that gift is wrapped in rough layers. You may fall, but remember to get up, dust yourself off, and keep moving forward.



I believe that in every difficulty you face, there's a seed of opportunity waiting to be planted. Let each failure be a drop of water, nourishing your tree of life to grow greener.

As for you, An, at fifteen, your world is a canvas of many colors, both innocent and bright yet also complex. Changes in body and mind, pressure from friends, or even loneliness can sometimes make you feel unsteady. But dear, failure isn't what makes you weak. Instead, failure is an opportunity to build inner strength and find yourself.

An, whenever you feel you're not good enough, remember that perfection isn't the most important thing. What's most important is this: daring to try, daring to fail, and daring to stand up and try again. Failure isn't a period but a comma in your life story. It gives you the chance to pause, reflect on yourself, and write new chapters with greater faith and confidence.

Adolescence is a phase where you'll experience many changes, both emotional and mental. Sometimes you might feel left behind or different from others. But I want you to remember that everyone has their own journey, and failure is a natural part of that journey. If you face difficulties in making friends, understanding yourself, or achieving your goals, remember that each challenge is an opportunity for you to grow.

An, think of failure like rain. Though it might make you wet and cold for a moment, it's because of that rain that

flowers and grass can sprout and grow, making the earth greener.

Lac and An, life is a long journey full of surprises, and failure is an essential part of that journey. But what's important is how you view and face failure. Remember that failure isn't an ending but a new beginning, an opportunity to learn, to grow, and to become better versions of yourselves.

No matter how difficult life or circumstances may be, I hope you both always maintain faith in yourselves, always seeing light in the darkest days. Let failure become your guide, helping you discover new potential and create opportunities you never thought possible before.

Dear Lac and An,

In the previous section, I shared with you about the power of transforming failure into opportunity. But I know that to make this value a part of life, it's not enough for you to just understand it—you need to practice it to make it complete. So I believe that each passing day is an opportunity for you both to train and build habits of facing and overcoming difficulties. Every small step you practice today will help you grow more mature and have more confidence in yourselves.

In this section, I will share specific practical methods suitable for each of you. Lac—with the challenges of young adulthood—and An—with the emotional changes of puberty. These methods aren't rigid rules but

suggestions for you both to explore, experience, and find your own paths.

Remember, failure isn't the end point but just a turn in life's journey. Now, let's begin!

Lac, I know that at your age, challenges come not only from academic pressure or career direction but also from the expectations you place on yourself. Sometimes, failure can make you feel lost, but it's also an opportunity to discover your potential. Here are some ways you can practice turning failure into opportunity:

### 1. Review and Learn

Lac, after each failure, take time to look back. You can write down what you did well and what needs improvement. For example, if you get a low score on a test, instead of feeling sad, review your mistakes, note what you need to study again, and make a plan for improvement.

### 2. Create a “Lessons from Failure” List

Lac, record your failures and the lessons you learned from them. This list will be a source of encouragement, reminding you that each failure helps you grow.

### 3. Build Patience

Lac, don't get discouraged quickly when things don't go as planned. You can practice patience by learning a new skill—for example, learning a language, playing an instrument, or improving physically. Each small success will help you understand that everything takes time.

#### 4. Accept Imperfection

Lac, I want you to understand that no one is perfect, and perfection shouldn't be your goal. For example, if you don't achieve a goal you set, see it as a lesson rather than a failure.

#### 5. Seek Advice

Lac, don't hesitate to talk with professors, friends, or even your parents when you feel stuck. Sharing your thoughts can help you find new perspectives, new directions, or optimal solutions to your problems.

#### 6. Challenge Your Limits

Lac, try doing things you think you can't do. For example, join a competition, a new school project, or take on a part-time job. Failure might happen, but you'll be surprised by what you learn from the process.

#### 7. Focus on the Journey, Not Just the Result

Lac, appreciate the process you're going through, regardless of the outcome. For example, when working on a group project, focus on learning from your peers rather than just thinking about the final grade.

As for you, An, at your age, everything around you can become complicated, friends, school, bodily changes, and emotions. I know sometimes you might feel not good enough, or like a failure in others' eyes. But you know what? All of these are natural parts of life. Instead of being afraid, see them as opportunities to explore yourself. Here are some ways I think will help you:

## 1. Write Self-Encouraging Letters

An, when you feel sad, write a letter to yourself, like a friend encouraging you. For example, if you don't get a position on the sports team, write: "Dear An, I'm really sad today, but that's okay; I tried my best, and I can try again next time and do better."

## 2. Practice Gratitude

An, each evening, write down three things you're grateful for, even on difficult days. For example, "Today, I'm grateful because Mom cooked my favorite dish, because Lan smiled at me, and because the sun was shining."

## 3. Learn to Accept Emotions

An, when you feel sad, angry, or disappointed, let these emotions pass through rather than trying to escape or suppress them. For example, if you argue with a friend, take some deep breaths and remind yourself, "Emotions are temporary, and this feeling will pass."

## 4. Focus on Your Strengths

An, list things you're proud of about yourself, even small things. For example, "I can draw beautifully," or "I always help friends when they need it."

## 5. Learn to Say "No"

An, don't be afraid to refuse when you don't want to do something. For example, if a friend invites you to do something you feel isn't right, just say, "No, I don't think I want to do this." That doesn't make you weak; it makes you stronger.

## 6. Take Time for Solitude

An, I know that loneliness can be scary sometimes, but solitude is also an opportunity to understand yourself better. Spend at least 10 minutes each day sitting quietly, writing in your journal, or drawing.

Lac and An, I hope these suggestions will help you both learn how to turn failure into opportunity, not just in studies but in your lives.

Remember, every failure is part of the journey of growing up; they are the stepping stones leading to success. Most importantly, you don't have to face difficulties alone. Life is a long journey, and on that journey, what defines you isn't the number of times you fail but how you get up after each fall. I always believe in you both and am ready to accompany you on every path.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER FROM JEALOUSY TO UNDERSTANDING

Dear Lac and An,

Today, I want to sit down and share with you about a value that I believe will accompany you throughout your lives—the power to transform jealousy into understanding.

In life, who hasn't felt jealous at some point? But within each instance of jealousy, if we know how to listen and look deeply, we can find profound lessons and an inner strength to overcome ourselves.

I want you both to think of jealousy like dark clouds in the sky. At first, these dark clouds make the sky gloomy, bringing with them a heavy feeling. But without dark clouds, how would we have rain to nourish the sweet streams? Just as rainwater cleanses the air and moistens the earth, understanding can transform jealousy into a source of strength that helps you grow, love more, and be more empathetic.

My dear children, jealousy, if not viewed properly, can be like a smoldering fire that burns away your own joy. But when you learn to listen to the jealousy within, you'll discover that behind those emotions lie your deepest aspirations, the things you yearn for or haven't yet achieved.

Understanding is the light within, helping you see more clearly the nature of emotions and find the path to inner peace.

Therefore, understanding isn't just a quality, but an inner strength, like bamboo roots that grip deep into the earth to stand firm against storms. I believe that if you know how to transform negative emotions into understanding, you won't just overcome difficulties but will grow from these very challenges.

Lac, I know you're at an age full of aspirations, but also many challenges. As a third-year university student, you're facing pressure from studies, future direction, and perhaps sometimes feeling jealous of those around you. Maybe your friends achieve higher grades, get better opportunities, or seem to succeed more “easily” than you. Having such feelings is natural, my child. But what's important is how you face and resolve these emotions.

Lac, try to think of jealousy as a mirror, reflecting what you truly desire inside. When you feel jealous of someone, ask yourself, “What am I longing for?” “Is this truly important to me?” If you can answer these questions, jealousy will become a tool for better self-understanding.

For instance, if you're jealous of a friend who received a scholarship, that could be a signal for you to focus more on your studies or seek new opportunities. You see? Jealousy isn't an enemy—it can be a teacher if you know how to listen.



Your life isn't a race, Lac. Everyone has their own journey, and jealousy often stems from comparing ourselves to others. But I want you to remember that your worth isn't measured by whether you're better or worse than others but by the efforts you've made. Understanding will help you realize that instead of being jealous of others' success, you can learn from them and use that as motivation to go further.

Lac, the biggest challenge of growing up isn't achieving more than others, but learning to accept and love yourself. When you can look at others' success with understanding instead of jealousy, you'll feel much lighter. Trust that every difficulty you face today is a building block in your path to maturity.

As for you, An, at fifteen, you're at an age where everything around you can easily cause turbulence. Perhaps sometimes you feel jealous of friends because they're prettier, more talented, or more popular. This is normal, my dear. But I want you to understand that jealousy isn't the end point. Jealousy is a doorway that leads to deep understanding.

An, have you ever seen sunlight filtering through leaves? Even when the canopy covers the entire sky, light always finds its way to touch the ground. Understanding is like that light—it will help you overcome negative emotions and see the true beauty in yourself and others.

An, at your age, physical and psychological changes and peer pressure can make you feel like you're not good enough. But I want you to know that your value doesn't

lie in whether you're like anyone else but in your own uniqueness and authenticity. When you're jealous of someone, try thinking, “What do I admire about them?” “What can I learn from them?” When you look at jealousy through the eyes of understanding, you'll see that everyone has their own struggles that you might not know about. Instead of jealousy, you can use understanding to empathize and build better relationships with them.

I also want you to remember that no one is perfect; therefore, you don't need to be perfect either. What you consider your flaws might be strengths in others' eyes. When you learn to transform jealousy into understanding, you'll feel more confident and appreciate yourself more.

Lac and An, life is a long journey, and there will be times when you feel jealous, dissatisfied, or even doubt yourselves. But I believe that if you know how to transform jealousy into understanding, you'll find the strength to overcome any challenge. Understanding not only helps you love yourselves more but also opens the door to deeper connections with those around you.

Always remember that every emotion, whether positive or negative, is a natural part of life. What's important is how you learn from these emotions and use them to grow. Life isn't always easy, but I always believe that with understanding, you'll find light even in the darkest moments.

Dear Lac and An,

I want to continue the story about “the power of transforming jealousy into understanding” by guiding you both to practice daily habits. These habits will not only help you overcome negative feelings but also build confidence and gratitude in your hearts. Each of us has moments of weakness when we see others being more successful or happier. This isn't wrong, but what's important is how we face and overcome it.

Lac and An, each at different stages of life, will have their own practices suitable for their circumstances and state of mind. Practice isn't something profound; it's simply small but persistent actions.

Like water drops falling on stone, change will come when you maintain daily habits. I hope these methods will help you view life with a more open heart, accepting yourselves and others with compassion.

Lac, as a young adult, you'll face constant pressures, from studies to future direction. Feelings of jealousy may arise when you see friends progressing further than you. But instead of letting those emotions control you, you can use them as motivation to understand and develop yourself. Here are 7 practices that I believe will help you become more steadfast:

### 1. Writing a Gratitude Journal

Lac, every night before bed, take 5 minutes to write down 3 things you're grateful for during the day, even if they're as small as a good meal or a meaningful conversation. This will help you focus on what you have, rather than what others have more of. For example, today you might

write, “I'm grateful for meeting an old friend and learning something new in class.”

## 2. Learning from Those You Envy

Lac, instead of letting jealousy make you feel small, use it as an opportunity to learn. Observe and understand why others succeed. For example, if a friend receives a scholarship, you can ask them about how they organize their study time and apply it to your life.

## 3. Compare with Yourself, Not Others

Lac, each day, ask yourself, “Have I improved from yesterday?” This helps you focus on your own journey. If you achieve a small goal like completing homework on time, reward yourself with words of encouragement.

## 4. Practice Compassion

Lac, think about the challenges that those you envy might be facing. Their success doesn't mean their life is perfect. This will help you understand that everyone has their own challenges, and they're trying to overcome them.

## 5. Taking a Break from Social Media

Lac, the beautiful images on social media are often just a small part of reality. You can try spending one day each week without social media to focus on yourself. This will reduce pressure and help you connect more deeply with yourself.

## 6. Sharing Others' Success

Lac, when you see someone achieve something, offer them sincere congratulations. This action not only brings them joy but also helps you feel lighter.

## 7. Creating Motivation From Jealousy

Lac, transform feelings of jealousy into motivation to improve yourself. For example, if you see a friend who excels in a particular field, start learning and practicing to become better in that area. This helps you focus on academic development, rather than “fueling” negative emotions further.

As for An, at fifteen, you'll face many emotional uncertainties, from peer pressure to physical and psychological changes. Sometimes you might feel not good enough compared to others. This is when these practices will help you transform negative emotions into inner strength:

### 1. Creating a “Love Box”

An, you can prepare a small box and write down the good things you receive or feel during the day. For example, a friend's smile or completing a test well. Whenever you feel inferior, open the box to read and remind yourself of the positive things you've done.

### 2. Self-Encouragement in Front of the Mirror

An, each morning, look in the mirror and say an encouraging phrase like, “I am good enough, and I'm doing my best.” This will help you start a new day with a positive spirit.

### 3. Learning to Share Emotions

An, when feeling jealous or sad, you can talk to Dad, Mom, or friends you trust. Sharing will help you understand that your emotions are natural and accepted.

### 4. Practicing Gratitude through Small Actions

An, each day, you can say thank you to someone who has helped you, even for small things. For example, thank Mom for a delicious meal, or thank a friend for sharing a book. This habit will help you focus on the positive things around you.

### 5. Observing Nature

An, you should spend time walking and observing trees, the sky, or the nearby park. Nature can help you realize that everything changes and nothing stays perfect forever.

### 6. Participating in Group Activities with Friends

An, join activities like sports or clubs where you can share joy and learn from friends. This helps build healthy relationships instead of feeling lonely or comparative.

Lac and An, life will always have challenges and mixed emotions. What's important isn't avoiding negative emotions but learning how to transform them into positive strength to grow.

The practices I've shared with you may not bring immediate results, but if you persist, they will become a solid foundation for your journey.

Remember, no one is perfect, and everyone has their own journey. Jealousy, if transformed properly, can become a great source of motivation leading to understanding and peace.

I hope you will always find peace in your hearts and know how to love life with all that it has given to you and others.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER FROM FEAR TO CONFIDENCE

Dear Lac and An,

Life is like a river, my children. Sometimes the surface is calm and clear like a mirror reflecting the sky, but there are also stretches of rapids and turbulent waves that seem impossible to cross. Fear is like those big waves, while confidence is the strong boat that carries us through these storms.

My dear children, fear is not the enemy. Fear is like darkness at night, not evil but merely the absence of light. When light appears, darkness dissipates. Similarly, when we learn to transform fear into confidence, every challenge becomes an opportunity for growth.

The bamboo in a storm is a testament to the power of flexibility and stability. The bamboo doesn't try to fight the wind, nor does it let itself be knocked down, but gracefully bends, using the wind's force to stand firm. That's what confidence is like, my children. Confidence isn't about being reckless or denying fear but about the ability to understand, face, and overcome fear with resilience and wisdom.

Today, I want to sit down and share with you about this magical power. It's an essential part of your journey of growing up and maturing, helping you not only overcome difficulties but also fully embrace the meaning of life.



Lac, you're at the threshold of adulthood, where there are countless things to think about, from academic pressure to career choices and future concerns. Sometimes, these things might make you doubt yourself, wondering if you're good enough or strong enough to face them. But I want you to know that fear isn't a sign of weakness; it's a natural part of growing up.

There's a story I once read about a blacksmith. He hammered red-hot iron under the flame, then plunged them into cold water to create sharp swords. It was that heat and forging that transformed raw iron into powerful weapons. Similarly, each challenge, each fear you face is like those flames, helping you become stronger and more confident.

Lac, remember that confidence isn't about always knowing you'll succeed but being ready to learn from failure. You might fail a test, or a plan might not work out as intended, but that doesn't define your worth. What matters is whether you dare to stand up after that failure and keep moving forward.

I know that sometimes you feel small compared to your peers. But don't compare yourself to others. You're like a growing tree, needing time to spread your shade. Trust in your journey, nurture your inner values, and you'll see yourself becoming steadier and stronger.

And when you feel afraid, remember the river. The water flows continuously, sometimes turbulent, sometimes peaceful, but always moving forward. The same goes for you—just keep taking steps, one at a time, and you'll

overcome all difficulties.

And, An, being fifteen is a tumultuous time, isn't it? You might be feeling pressure from friends, from physical and emotional changes, or sometimes loneliness when no one seems to understand you. These feelings are normal, my child, and I want you to know there's nothing wrong with feeling this way.

I think of kites flying in the wind. Strong winds might make the kite sway, but it's also what helps it soar high. Fear is like those winds. If you know how to hold your string steady, you can fly higher than you ever thought possible.

An, try to face the unsettled emotions within you. Instead of avoiding them, learn to listen to and understand these feelings. I once heard someone say, "Fear is like a lost child; just open your arms to embrace it, and it will become gentle." When you understand the source of your fear, you'll see it's not as frightening as you thought.

And An, don't let others' words or actions shake your self-worth. You are a precious gem, and only you know how to make that gem shine. When you feel not good enough, remember that everyone has their own unique beauty. Be confident in yourself, even when you make mistakes or aren't perfect.

Finally, An, confidence isn't about never being afraid but knowing that you can overcome that fear. Remember that you always have your family beside you, loving and supporting you in all circumstances.

Lac and An, fear and confidence are two sides of the same coin, like light and darkness that cannot be separated. What's important is that you learn to see fear as a friend and use confidence to move forward. Each time you face and overcome a challenge, you'll find yourself stronger and more mature.

Life will never run out of difficulties, but you will never run out of the ability to overcome them. Trust in yourselves, appreciate what you have, and walk forward with your brave hearts. No matter what happens, remember that you always have Dad, Mom, and family as your support.

Dear Lac and An,

After sharing about the power and value of transforming fear into confidence, now is the time for you both to begin practicing. Practice can be seen as the bridge between awareness and action, helping ideas and values become a natural part of daily life. Nothing changes overnight, but through persistence, small habits can create profound transformation, my children.

Lac, as you enter adulthood, you're facing bigger challenges, so your practice will focus on building self-trust through clear and steady steps. And An, as you go through adolescence, your practice is about nurturing self-confidence through self-discovery and self-acceptance.

Lac, your adulthood is like climbing a high mountain. There will be times when the peak seems distant, seemingly unreachable. But each small step, each deep

breath, will take you where you need to go. I want to share with you seven practices to build habits that transform fear into confidence.

### 1. Honestly Acknowledging Fear

Lac, fear isn't the enemy, but a part of life. Practice writing in your journal about what makes you anxious, from the smallest to the biggest concerns. For example, when you feel pressure about a test, write it down and ask yourself, "Is this fear really as big as I think it is?"

### 2. Acting Despite Fear

Lac, I hope you'll always remember that confidence doesn't come from being fearless but from acting even when you're afraid. For instance, when you're worried about presenting in class, start by practicing in front of a mirror or with a close friend. Small steps will help you see your capabilities.

### 3. Focusing on What You Can Control

Lac, there are things you can't change, like time or final outcomes, but you can control your efforts. When facing a big project, break it down into smaller parts, set clear goals, and focus on completing one step at a time.

### 4. Rewarding Yourself for Small Successes

Lac, each time you overcome a fear, even the smallest one, you've proven victory over yourself. Reward yourself with a walk, a good book, or a nice meal. This helps you value the journey rather than just focusing on the result.

## 5. Connecting with People You Trust

Lac, fear tends to grow when you face it alone. Reach out to close friends and trusted family members to share your feelings. Encouragement from others will help you feel less alone on this journey.

## 6. Learning from Failure

Lac, remember that failure isn't the end point but a lesson. Each time you fail, ask yourself, "What have I learned from this failure?" For example, if you don't score well on a test, review how you studied and adjust for next time.

## 7. Visualizing Yourself Overcoming Challenges

Lac, spend a few minutes each day closing your eyes and imagining yourself successfully completing something that makes you anxious. For example, you might envision yourself stepping onto the presentation platform with confidence, speaking clearly with focused eyes.

As for you, An, adolescence is an exciting but turbulent time. Physical and psychological changes, along with external pressures, might make you feel small. But An, this is also an opportunity to start building a strong foundation of confidence for your future. I want to share with you six practices to help nurture your confidence in daily life.

### 1. Practicing Gratitude

An, each night before bed, write down three things you're grateful for from the day. For example, it could be a

compliment from friends, a delicious meal mom cooked, or the peaceful feeling while reading. Gratitude will help you see the positive things around you and thereby strengthen your confidence.

## 2. Accepting Yourself

An, no one is perfect, and neither are you. Therefore, stand in front of the mirror each morning, smile, and tell yourself, “I am unique, and that makes me special.” Gradually, you'll learn to love and accept yourself.

## 3. Participating in New Activities

An, have the courage to try something you've never done before, such as joining a club, learning a new sport, or volunteering at school. For example, if you like drawing, try joining an art class after school. New experiences will expand your world and help build your confidence.

## 4. Dialoguing with Fear

An, when you're afraid of something, write a letter to that fear itself. For example, “Fear of speaking in front of the class, I recognize you, so I won't let you control me.” This action helps you see fear as a natural part of life, not something insurmountable.

## 5. Finding Joy in Small Things

An, sometimes, just enjoying an afternoon reading in the sunlight, listening to a favorite song, or looking at the trees around you will make your heart feel lighter. Confidence often starts from feeling comfortable with yourself.

## 6. Creating a “Confidence Box”

An, make a small box and put in it compliments, letters from friends, or achievements you've earned. Whenever you feel anxious or lack confidence, open that box and read those items to remind yourself of your own worth.

Lac and An, practice isn't just a tool to help you build confidence but also a journey of discovery and growth.

I hope that through these small steps, you both will feel the transformative power from fear to confidence within yourselves. Remember that no matter what difficulties you face, I'm always here to listen and share with you.

With all my love,

Dad.

# THE POWER OF TRANSFORMING ANGER INTO CALMNESS

Dear Lac and An,

In life, we cannot avoid moments of anger. It's when our hearts are like rushing waters, carrying worries, discontent, and pain. But do you know, my children, that anger is not the enemy. Anger is just a natural part of our soul, like the clouds in the sky that sometimes gather and sometimes clear. What's important is not avoiding anger but how you transform anger into calmness—like how rushing waters eventually become gentle, clear streams.

My dear children, calmness is like warm light in the darkness, like a sturdy bamboo tree facing the storm. Calmness not only brings you greater peace but is also an inner strength to face life's difficulties.

Calmness is not weakness but great strength. Calm people don't try to fight against storms; they learn to flow with them, accepting storms as a natural part of life, and through this, they find their way forward.

Lac and An, imagine that calmness is like a river. That river never stops flowing. Even when encountering rocks or narrow passages, the river continues to flow, never breaking. Calmness is similar—it will help you find your way, even in the most difficult situations. This is why I want to share with you about the power of transforming anger into calmness—a precious value that I believe will accompany you both on your life journey.



Lac, at your age of maturity, you face many challenges. I know that pressure from studies, self-expectations, and concerns about the future sometimes weighs heavily on your heart. You might feel like a small leaf in a big current, not knowing where to go. But Lac, don't forget that it's in these difficult moments that you have the opportunity to learn how to become a stronger stream.

Lac, remember that anger is nothing to fear. Anger is just a signal showing that you're facing something important. Instead of trying to suppress or run away from anger, pause and observe. It's like standing beside a lake and watching the ripples on its surface. With patience, those ripples will dissolve, returning the lake to its peaceful state.

Lac, calmness is how you respond to anger without letting anger control you. You can start by taking deep breaths whenever you feel tense. Each deep breath is like a bridge, helping you return to yourself, helping your heart settle. When you master your breath, you'll also master the surging emotions.

I also hope you understand that difficulties and failures aren't your enemies or opponents, but rather your greatest teachers. Each time you stumble, you have the opportunity to learn how to rise stronger. Calmness will help you see things with more serene eyes, allowing you to find the hidden lessons behind each challenge.

Lac, remember that being calm doesn't mean pretending everything is fine. Because calmness is about being honest with yourself and accepting that things don't

always go as you wish. When you can accept this, you'll find strength from calmness to help you overcome difficulties.

As for you, An, at fifteen, the world around you is surely changing rapidly. Pressure from friends, physical and emotional changes, or even feelings of not being pretty enough might make you feel confused. I understand that adolescence is like a stormy season—there are days when the sky is gray, but the sun will shine again.

An, anger isn't wrong. Anger is just part of our emotions, like sunshine, rain, or wind. But what's important is not letting anger control you. When you feel angry, take deep breaths and count to ten. Each count is an opportunity to pull yourself out of the emotional storm and return to the peace within.

An, when you feel frustrated because friends don't understand you, or when adults' expectations create pressure, calmness will help you see things differently. Calmness will help you understand that no one is perfect, and everyone is trying in their own way. Instead of reacting quickly, you can now choose to listen and understand.

An, imagine that calmness is like a big tree. That tree may be blown by the wind, but its roots remain firmly in the ground. Calmness will be your roots, helping you stay steady through life's storms.

I hope you remember that no emotion lasts forever. No matter how angry or sad you might be, everything will

pass. What's important is knowing how to embrace these emotions so you can find peace within yourself.

Lac and An, life is a long journey, and on that journey, you'll face many challenges. But I believe that with calmness, you'll always find a way through. Calmness not only brings you peace but is also the strength to help you reach the most beautiful things in life.

Always remember that difficulty is not the end but just a rest stop on your journey of growth. And with each challenge you overcome, you'll become stronger and more profound.

Dear Lac and An,

I want to continue sharing with you some specific practical methods that you can apply to your daily life, helping to develop the ability to transform anger into calmness more easily.

These are not complicated methods, but rather small habits that you can start practicing from today. These methods will not only help you face negative emotions but also help you become stronger and more mature in your journey of understanding yourselves and others.

With these habits, you will gradually build inner calm, so that when facing challenges, you will not only overcome them but become more resilient. Below are methods that I think will help you practice effectively in your daily life.

Lac, I understand that at your age of maturity, you are facing many challenges in life, from studies and work to

important decisions about the future. Sometimes, these challenges can make you feel confused and easily swept away by negative emotions. Therefore, the methods below will help you gradually train your ability to transform anger into calmness, gently.

### 1. Practicing Emotional Observation

Lac, before acting when you feel angry, pause for a moment and observe your emotions. Anger is a signal that something is bothering you. But instead of reacting immediately, take time to observe and clearly identify that emotion. For example, when you get a low grade on a test, instead of getting angry and blaming yourself, try sitting down, taking deep breaths, and identifying your emotions: “I feel disappointed with this result, but I will learn from it to do better next time.”

### 2. Focus on Breathing

Lac, when you're angry, your body becomes tense and your mind loses control. A simple but effective way is to focus on your breathing. Whenever you feel tense, stop and take several deep breaths. This helps reduce stress and regain calmness. For example, during tense meetings with professors or friends, if you feel irritated, take a few seconds to breathe deeply and gradually regain your composure.

### 3. Accepting Failure and Learning from It

Lac, an important part of transforming anger into calmness, is the ability to accept failure and see it as an opportunity to learn. Don't see failure as something

shameful, but as part of the growth process. For example, if you work on a group project and the result isn't as expected, instead of blaming yourself or team members, take time to analyze and learn from what didn't work well to do better next time.

#### 4. Taking Care of Body and Mind

Lac, a healthy body will help maintain a clearer mind. Maintain reasonable eating and exercise habits to keep your body healthy. This will help you have enough energy to face challenges without being swept away by negative emotions. For example, each morning, you can walk or do light exercise before starting a day of study and work.

#### 5. Making Time for Yourself

Lac, sometimes, just having time alone to rest and relax will help you feel much more comfortable and calm. Spend at least 30 minutes each day doing something you love, like reading, listening to music, or taking a walk. This helps you regain energy and avoid triggering feelings of frustration and stress.

#### 6. Using Positive Language

Lac, your words can either reduce or increase your anger. When you feel you're about to lose your temper, talk to yourself with positive phrases like, “I can do this” or “Everything will be okay.” These words not only help reduce stress but also promote the development of an optimistic spirit.

## 7. Meditation and Focusing on the Present

Lac, meditation is a very effective method to help your mind become peaceful and serene. You can try spending a few minutes each day meditating or sitting quietly, focusing on the present and letting go of worries about the future. This helps you become more alert and reduce stress.

An, adolescence is a challenging period, and you are no exception. During this time, you will experience many mixed emotions, from confusion and academic pressure to feelings of inadequacy when comparing yourself with peers around you. However, the methods below will help you find calmness amid these chaotic emotions.

### 1. Identifying Emotions

An, when you feel angry or sad, you can try stopping and asking yourself, “Why do I feel this way?” Identifying emotions helps you understand the cause and not let emotions guide your actions. For example, when you're angry because of criticism from friends, instead of reacting immediately, think about the deeper reasons that make you feel hurt, so you can resolve that issue more calmly.

### 2. Sharing Emotions

An, don't hesitate to share your feelings with others, like dear friends, teachers, or parents. Sharing not only helps you release emotions but also helps you feel you're not alone in difficult moments. For example, when you feel

pressure in studying, you can share with parents or dear friends for encouragement and comfort.

### 3. Finding Peace in Nature

An, when you feel too stressed, you can find a quiet space, like a park or a garden, to relax and find peace again. When you regularly commune with nature, it will help you feel lighter and find inner peace more quickly.

### 4. Setting Goals and Focusing on the Process

An, sometimes disappointment comes from not achieving goals immediately. Learn to set small, achievable goals, and focus on the process, rather than just looking at the final result. For example, instead of worrying about upcoming exams, you can break down your study plan into daily tasks, which will help you feel more confident.

### 5. Entertainment and Relaxation

An, you also need time to relax and recharge. Watching a good movie and listening to soft music help reduce stress and regenerate energy. Find yourself a hobby, so you won't feel pressured during these difficult times.

Lac and An, these methods are not magic but small steps, day by day helping you both gradually build calmness in life.

I always believe that if you both practice and persevere, you will see positive changes in yourselves. Every challenge is an opportunity for you both to learn and

grow, and I believe that, with all love, you will always overcome everything.

With all my love,

Dad.



# THE POWER OF TRANSFORMING SADNESS INTO JOY

Dear Lac and An,

In life, each of us must face challenges, difficulties, and sometimes sadness. But have you ever asked yourselves, in such moments, how you can transform these unhappy feelings into joy?

If you knew, there is a miraculous power in this transformation that not everyone easily recognizes. I believe that you will be ready to apply this power to face any difficulties in your lives with calmness and maturity.

My dear children, one could say that sadness is an essential part of life. Like unexpected rain showers. Rain comes and goes, and after the rain, there are always rainbows. When we're sad, we often feel lonely, tired, and sometimes even desperate. But when we learn to look at our own sadness without fear and learn to face it, we will discover valuable lessons.

The power to transform sadness into joy isn't something distant, but rather a natural part of growing up, my children. Just like the bamboo trees in a forest, even when struck down by storms, they still stand straight and grow tall. Sadness is like the wind, and joy is like the fresh green bamboo shoots that grow from it.

I want to tell you both that this power isn't just a quality we can learn from books or lectures, but it's also an inner strength within each of us, a strength that can help us rise

up, no matter how difficult life becomes. Let's explore this together.

Lac, at your age, the challenges you face are not small. As a third-year student, academic pressure, questions about the future, and sometimes feelings of insecurity can make you feel tired. You might feel you're not good enough, or not fast enough, or not as successful as your friends. But you know what? Maturity doesn't come from avoiding or never facing difficulties but from how you face and learn from these difficulties.

When you encounter failure, don't see it as the end. Instead, see it as a valuable lesson. You might feel sad about your unsuccessful efforts, but it's in these moments that you'll recognize the value of perseverance, humility, and the courage to stand up after each fall.

I remember when I was young, I once felt discouraged because of a terrible exam. I was very sad, but then, when I stood up, I realized that within that sadness was a strength that helped me improve myself. That's why every time I failed, I learned, adjusted, and became stronger.

Lac, you might think that facing academic pressure, finding career direction, or searching for self-confidence is too difficult. But actually, all of these things are just part of your bigger journey. Each difficulty will teach you valuable things about yourself, helping you grow more mature. This transformation from sadness to joy will be the key to helping you move forward more strongly. Remember, every difficulty has its reason, and every

challenge helps you discover potential you never knew you had.

And An, adolescence is a very special period, my child. This is a time when everything changes very quickly, from physical to emotional aspects. You might start feeling pressure from friends, family, and sometimes even loneliness that you can't share with anyone. You might feel like you're not good enough, not pretty enough, and not smart enough compared to those around you. But you know what? These are very normal feelings, and everyone goes through them.

So, during these times, you'll learn that sadness isn't your enemy, but rather a part of yourself that you need to understand and accept. Don't fear sadness; don't run from feelings of loneliness, but accept them as an essential part of your journey to maturity.

Look at each of these emotions as an opportunity to discover more about yourself. You might not see results immediately, but gradually you'll realize that this very sadness will help you become stronger and more confident in yourself.

An, sometimes you might feel weak, but remember that within each feeling of weakness, there's a strength waiting for you to discover. Each time you overcome a challenge, whether big or small, you'll realize that you're much stronger than you thought. And at that moment, sadness will gradually transform into joy, like gradually seeing light in the darkness.

Lac and An, life will always have its ups and downs, times of joy and sadness intertwined. But I always believe that if you understand the power of transforming sadness into joy, you will overcome all difficulties and challenges. Never lose faith in yourselves, because no matter how difficult life or circumstances may be, you always have the ability to overcome and become stronger.

Always remember that joy isn't a destination but a journey. Sadness is just a turning point, a part of life, and it's sadness that helps you grow and become stronger. I'm always here, beside you both, sharing and supporting every step you take.

Dear Lac and An,

Now that you understand the power of transforming sadness into joy, you'll need some practical methods to turn this power into a daily habit. These methods aren't difficult to implement, but they will take time and patience to become a natural part of your subconscious. I hope you will apply these techniques in your daily lives so you can clearly experience your own changes and progress each day.

Let's begin this new journey together. I believe these methods will not only help you overcome difficulties but also help you see the beauty in every moment, whether challenging or easy. I believe that, with time, these methods will become precious habits and a source of strength, helping you grow in both your current and future life.

## 1. Practice Mindfulness

Lac, mindfulness is an excellent method to calm your overwhelming emotions. When you feel pressure from studying, or when negative thoughts begin to occupy your mind, pause, take deep breaths, and focus only on the present. You can try taking three deep breaths, paying attention to each inhale and exhale, and letting your mind return to the present moment. When you can do this, anxiety and tension will gradually dissolve, and you'll find peace and joy within yourself.

## 2. Keep an Emotional Journal

Lac, you can record your daily emotions in a journal. When facing difficulties, write down your feelings, which will help you better recognize what's happening inside you. This will help you face your emotions instead of running from them, making it easier to find solutions and transform sadness into positive thoughts or joy. For example, if you feel you've failed a test, you might write, "I feel sad because my test score wasn't what I hoped for, but I know this is an opportunity to learn and help me improve." Writing this down will help you see the joy hidden behind each challenge.

## 3. Light Exercise or Yoga

Lac, physical activity is an effective way to reduce stress and bring happiness. You should spend ten to fifteen minutes each day walking, doing gentle yoga, or exercising. These activities help your body release endorphins, happiness hormones, helping you feel more relaxed and confident in life. Each morning when you

wake up, you can start your day with some gentle stretches to keep your body alert and improve your mood.

#### 4. Find Good Friends and Share

Lac, one of the best ways to face sadness is to share it with trusted friends. Sometimes, just hearing a word of encouragement from dear friends can make you feel much better. You can try talking to close friends about the difficulties you're facing. Perhaps they're going through similar things, and you can share, help each other, and overcome together. The connection between you and close friends is an important part of helping you overcome sadness and find joy through empathy and sharing.

#### 5. Find Joy in Small Things

Lac, sometimes we overlook small things that can bring great joy. Look for joy in simple things like watching the sunset, enjoying a cup of tea, or listening to a favorite song. Each day, spend some time doing something that brings you peace and happiness. These moments will be wonderful mental medicine to transform your sadness into joy.

#### 6. Reflect on Lessons from Failure

Lac, when facing failure, instead of only looking at your weaknesses, now you should look at the lessons you can learn from it. Each failure brings you an opportunity to grow. Reflect on what you could do differently next time, and don't forget to encourage yourself that “Each failure is one step closer to success.” This change in perspective

will help you transform sadness into motivation and joy to help you keep moving forward.

## 7. Set Goals and Self-Discipline

Lac, start each new day with a small, achievable goal. This will help you feel a sense of accomplishment and create joy. Don't set goals that are too high or too distant, but instead, break down your goals into steps and discipline yourself to accomplish each step. You can start with completing homework on time, or joining an online course, etc. Even small successes will help you feel more confident and happier.

### 1. Learn Deep Breathing When Feeling Stressed

As for you, An, one of the ways that can help you face stress and anxiety are deep breathing. When you feel pressure from friends or family, pause and take three deep breaths. This will help you regain calm and soothe your emotions. In just a few minutes, you'll feel your mind become lighter and ready to face any challenge.

### 2. Set Small Goals and Work to Achieve Them

An, setting small, achievable goals will help you create a sense of accomplishment and joy. For example, instead of thinking about a big exam, you can break down your goal into studying small portions each day. When you complete each small goal, you'll feel much more confident and happier.

### 3. Find Joy in Creative Activities

An, when you feel stressed or unhappy, a wonderful way to relax is to engage in creative activities. You can try drawing, writing in a journal, or learning a new song. These activities will help you reduce stress and find joy in life again.

#### 4. Seek Support from Loved Ones

An, don't hesitate to share your thoughts and feelings with your parents or close friends. They are always willing to share and help you overcome difficulties. Sometimes, just knowing you're not alone is already a great source of encouragement.

#### 5. Read Books or Listen to Music to Relax

An, good books and your favorite songs can be wonderful mental medicine to help you relax and find joy again. You can read a book you love or listen to music that makes you feel comfortable. These activities help you temporarily forget your worries and bring a sense of ease and lightness.

#### 6. Take Care of Yourself with Small Actions

Finally, An, always remember that taking care of yourself is also very important. Take time for small things like getting enough sleep, eating healthy, or simply spending a quiet afternoon in a park or by a lake. These things will help you feel happier and healthier to overcome any challenge.

Lac and An, all difficulties and challenges are opportunities that help you learn and grow. Practice these methods in your daily life, so you can build habits of



transforming sadness into joy. I believe you will always overcome challenges and live a happy life full of meaning and love.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER OF TURNING REGRET INTO ACCEPTANCE

Dear Lac and An,

Life never only has sunny days but also has days of wind and storms and sometimes difficult moments that make you both feel like you're standing at a crossroads, not knowing which way to go.

But it's precisely in times like these that you can understand the value of something important in life: the power to transform regret into acceptance. This power isn't just a quality but an inner strength that helps you overcome challenges and difficulties.

You must have heard about the bamboo tree in the forest. Though slender, it possesses an incredibly powerful life force. The bamboo may be blown by the wind, may fall down, but as soon as it accepts these blows, it continues to grow, reaching up tall and strong.

Like the bamboo, in this life, when you face difficulties, instead of dwelling on regrets about things past, you should learn to accept them and transform them into motivation to move forward, just as the bamboo accepts nature's impact to grow stronger each day. This is the strength I want to share with you both.

My dear children, it can be said that no matter who we are, we cannot avoid regret. Therefore, instead of trying to run away from or suppress regret, we should learn to

transform it into acceptance. And when we can do that, nothing can stop us from walking life's journey with peace and serenity.

Lac, I know that at your age, the challenges in studies and life can make you feel tired. You're preparing for your future, and sometimes, the pressure, self-doubt, or past mistakes can make you feel like you're facing an insurmountable wall. You may have felt regret about wrong decisions, missed opportunities. But my child, these things are part of the journey of growing up, and instead of regret, you need to learn to accept them.

For example, when you face a difficult exam and the results aren't what you hoped for, you might feel very sad. But if you only focus on regretting what's passed, you won't be able to find the path forward. However, if you accept that failure, recognize what you haven't done well, and learn from it, you'll become stronger and more mature. Remember, a good student never only learns from what they've done right but also from their mistakes and knows how to correct them. You need to do the same.

Lac, sometimes, maturity doesn't come from always being right but from being able to accept that you can be wrong and learning from those mistakes. You must understand that each challenge, each failure, is an opportunity for you to grow and help you walk more steadily on the path ahead.

And An, I know that your adolescence brings many changes in psychology, body, and relationships around you. You might feel pressure from friends, feel

emotionally inadequate, unaccepted, and sometimes, you might feel lonely and isolated in these thoughts. These feelings are very natural at your age, but what's important is that you need to learn how to transform them into acceptance, rather than letting these negative emotions control your life.

For example, when you feel misunderstood by friends, or when you feel you can't meet others' expectations, making you sad and disappointed. But if you can accept these feelings, instead of running away or denying them, you'll find ways to face and overcome them.

In these moments, you'll realize that no one is perfect, and everyone has their own difficulties. Accepting your own imperfections will help you build confidence, make you stronger, and not get lost in these negative emotions.

Remember that your growth comes from the ability to accept yourself, accept imperfections, and learn from mistakes. You will never have to face loneliness if you know how to love yourself, whether others understand you or not.

Lac and An, I want to remind you once again that in life, we cannot avoid difficult times, failures, and regrets. But these emotions are not insurmountable. True maturity isn't about the absence of suffering but the ability to transform that suffering into strength. And this strength comes from accepting what has passed, not to forget, but to learn and continue moving forward.

Dear Lac and An,

Each day, you both face situations that may cause you to feel regret or discomfort. However, if you can train yourselves to view these situations from a different, more positive perspective, that is when you truly grow up. I hope that the practices below will be the first steps to help you build positive living habits, rather than letting regret control your emotions.

Lac, I know that at your age, you are going through many challenges in your studies, career orientation, as well as daily life issues. Sometimes, you may feel tired of the difficulties ahead and wonder “if you've done enough.” To transform feelings of regret into acceptance, I will share with you some practical methods that you can apply in your daily life.

### 1. Viewing Mistakes as Learning Opportunities

Lac, one of the things we often regret most is our wrong decisions. However, instead of letting that regret control you, you can learn to view that mistake as an opportunity to learn. Every time you face failure, ask yourself, “What have I learned from this experience?” For example, if you don't achieve the results you want in an exam, instead of blaming yourself, you can sit down and analyze your weaknesses to improve for next time.

### 2. Accepting the Past and Living in the Present

Lac, the truth is, we cannot change the past, but we can choose how to live with it. This practice will help you let go of regrets about things past and focus on what you can do in the present. Each day, you can journal about what you did well, what made you happy, and what you can

improve. This helps you view life more positively and reduces feelings of regret.

### 3. Accepting Your Emotions

Lac, regret or any negative emotion is just a part of human emotions. This practice will help you learn to accept these emotions instead of denying them. When you feel regret, allow yourself to feel it, but don't let it control your actions. For example, if you feel regret for not completing a project well, instead of tormenting yourself, acknowledge that feeling and think about how you can do better next time.

### 4. Living in the Moment

Lac, this practice helps you learn to focus on the present and not let regrets about the past or worries about the future trouble you. Take time to appreciate the little things around you, from a peaceful morning to a relaxing evening with family. You can try meditation or simply focus on each breath to live in the moment.

### 5. Making Decisions from the Heart

Lac, sometimes regret comes from not daring to decide based on what you truly want but instead following others' expectations. This practice encourages you to make decisions from your heart, based on your values and passions. For example, when choosing a field of study or career, think about what you truly love and are passionate about, rather than just seeking safety.

### 6. Sharing Emotions with Loved Ones

Lac, one way to reduce feelings of regret is to share emotions with loved ones. You can spend time talking with Mom, Dad, or close friends about what you're thinking, emotions you may not fully understand. This sharing will help you feel relieved and understand that these feelings are normal in life.

## 7. Setting Small Goals and Taking Steps

Lac, when facing difficulties or feelings of regret, you may easily feel overwhelmed and not know where to start. To overcome these feelings, set small goals and take steps to achieve them. For example, if you want to improve your grades, you can start by making a daily study plan instead of just focusing on the final result.

As for you, An, adolescence is a tumultuous time, with many physical and psychological changes. Difficulties in adapting to yourself and your surroundings can make you feel confused and sometimes lonely. To transform regret into acceptance, I'll share with you some simple but effective methods for you to practice in daily life.

### 1. Viewing Everything as a Lesson

An, when you face difficulties or failures, instead of feeling regret, view them as lessons. Every experience, whether good or bad, brings you something valuable. For example, if you have a conflict with friends, instead of feeling sad about losing friendship, you can learn better communication skills to avoid misunderstandings in the future.

### 2. Accepting Your Imperfect Self

An, at your age, sometimes you might feel you're not good enough, not pretty enough, not smart enough compared to others around you. However, this practice will help you understand that no one is perfect, and it's precisely these imperfections that create each person's unique beauty. You can write down things you like about yourself, even small things, to learn to love yourself.

### 3. Living in Harmony with Your Emotions

An, you may experience unstable emotions, anger, or disappointment. This practice will help you learn to recognize and live in harmony with these emotions. You can draw a picture or write in a journal to express feelings you can't put into words.

### 4. Finding Peace in Each Moment

In your youth, you might feel you always need to be busy to keep up with demands from friends or family. However, this practice helps you find peace in life's simple moments. You can spend time listening to music, reading a favorite book, or simply enjoying quiet moments to regain balance.

### 5. Expressing Gratitude

An, gratitude is a wonderful method to change how you view life. Each day, you can write down three things you're grateful for. This helps you focus on positive things, rather than things you regret.

### 6. Making Time for Yourself



An, to reduce loneliness and feelings of regret, you need to learn to make time for yourself. Create a habit of having some time each day just for you, whether it's reading, drawing, or simply taking a walk. Taking care of yourself helps you feel peaceful and reduces anxiety.

Lac and An, I hope that through these practices, you will begin to feel a change in how you view life, from regret to acceptance.

No matter what life brings, remember that each day is an opportunity for you both to renew yourselves, to learn, and to grow. Always believe in your abilities and live fully in each moment you have.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER FROM DOUBT TO FAITH

Dear Lac and An,

I want to share with you another value that is also very important in life, which I have learned through years of growth and experience. It is “the transformative power from doubt to faith.”

This transformation is not just a quality but an inner strength that helps you overcome life's challenges and is the key to achieving success.

My dear children, when we doubt, we only see barriers, but when we have faith, we see opportunities and strength to rise up. Faith not only helps you face difficulties but also helps you believe in yourselves, even when things don't seem easy.

I want to compare faith to light in darkness. When you feel lost and uncertain, faith is like a torch, illuminating the path ahead. Faith isn't as bright as sunlight, but rather a steady, gentle yet powerful force that helps you through the dark. When you doubt yourselves, faith is like a gentle breeze encouraging you to keep going, even though the path ahead may be hot and difficult.

Lac, I know you're going through a very special phase of life. You've entered adulthood, being a third-year university student, and naturally, you face many challenges. Academic pressure, career decisions, and

sometimes self-doubt. You might feel anxious about the future, wondering if you can succeed or feeling lost among all the things you need to do. But Lac, you need to remember that these are the challenges everyone must face while growing up.

When you feel tired, when you doubt your abilities, remember that these feelings are completely normal. Every step on your journey comes with difficulties. But it's in these moments that you'll learn the true power of faith. Faith isn't something that comes ready-made but a state you must build day by day. Faith is the result of perseverance and determination, the ability to stand up after each fall.

I don't believe you'll never fail, but I do believe that from those failures, you will learn and grow. Don't let doubt control you. Look at each challenge as an opportunity to prove yourself and improve. You'll understand that no failure is permanent, but the valuable lessons you learn from these stumbles are lasting. When you believe in your abilities, difficulties will no longer be solid walls but small mounds you can easily overcome.

Lac, remember that faith in yourself is the key to unlocking the door to success. When you have faith, you'll see that each step you take, no matter how small, is a victory. Don't be afraid when facing difficulties, because that's when you're strongest.

As for you, An, I know that adolescence is never an easy time. You might be facing many insecurities, feelings of inadequacy, or sometimes peer pressure. Adolescence is

a challenging time when your psychology and body change daily. Sometimes, you might feel like you don't fit in with those around you or can't live up to society's expectations. But An, understand that all of this is just part of your growth journey.

An, when you feel lonely or confused, remember that everyone goes through such times. Loneliness isn't a sign of weakness but an opportunity to better understand yourself. Faith is the light that helps you overcome this darkness of loneliness. When you believe that you have value, when you believe that you deserve good things, you won't feel insecure anymore. Faith in yourself will help you confidently face all difficulties, whether from friends or society.

An, when things don't go as planned, never give up. Remember that everything happens for a reason, and you can always learn from these experiences. Feelings of insecurity will gradually pass when you focus on positive things and always believe in your own abilities. Don't let negative thoughts dim your faith. Remember, only when you have enough self-confidence will everything around you change in a positive direction.

Lac and An, life will never be without challenges. But one thing is certain: faith will help you overcome everything. No matter how difficult the circumstances, you will find a way through. Always believe in your abilities, because only when you have faith can you find the best way to rise up strongly.

Dear Lac and An,

In this section, I want to share with you guys some daily practices that will help you guys build habits to transform doubt into confidence. These habits will not only help you both overcome difficulties but also help you both better understand yourselves and gradually build self-confidence in all circumstances.

My dear children, practicing is not a simple process, but each small step will bring great changes to your lives. I hope that through these methods, you will find your own way to face challenges and develop yourselves more strongly and resiliently each day.

Lac, throughout your journey of growing up, challenges will constantly come your way, and creating habits that help you maintain self-confidence is extremely important. I want to suggest some practical methods. I hope these methods will help you build strong confidence, which can help you overcome difficulties in both studies and life.

### 1. Discover New Things Every Day

Lac, try to do something new each day. This could be a new subject, a different learning method, or simply trying to read a book outside your favorite field. This practice not only helps broaden your knowledge but also creates confidence when you discover your own capabilities. For example, you can learn a new skill each week, such as essay writing or presentation skills. When you accomplish this, you'll feel more confident in your ability to overcome any challenge.

## 2. Building Creative Habits and Learning from Failure

Lac, failure is not the end but a part of the growing process. When you face failure, never feel completely defeated. Instead, take time to examine why the failure occurred and find ways to learn from it. For example, when you encounter a difficult assignment, instead of giving up, examine how you can improve and learn from your mistakes. Always remember that each failure is a valuable lesson that helps you progress and see deeper into the problem.

## 3. Setting Daily Goals

Lac, each morning when you wake up, ask yourself, “What do I want to achieve today?” Set a specific goal and work towards it that day. Goal setting will help you maintain motivation while creating confidence that you can accomplish important things each day. For example, if you have a presentation at the end of the week, break down the work into smaller daily goals like research, preparation, and practice.

## 4. Evaluating and Celebrating Small Achievements

Lac, don't forget to evaluate your achievements whenever you complete a task. Every victory, no matter how small, whether in studies or life, deserves recognition. For example, when you complete an essay, take time to look back and be proud of what you've done. This helps you feel more confident, and your self-belief will be strengthened.

## 5. Developing Time Management Skills

Lac, knowing how to manage time effectively is one of the important factors that help you complete work more easily and with less stress. Start by planning for each day or week, and clearly divide time for each important task. This not only helps you control your work but also helps maintain confidence in your abilities.

## 6. Self-Reminders of Inner Strength

Lac, whenever you feel doubt about yourself, remind yourself of your strengths and achievements from the past. You can write them down and post them on your desk, so whenever you see them, you'll remember that you've accomplished many things in the past. This will help maintain your confidence and help you realize that you can overcome any challenge.

## 7. Finding a Mentor or Companion

Finally, Lac, find yourself a close friend or mentor with whom you can share difficulties when you face them. An encouraging word, a sincere sharing can help you realize that you're not alone in this journey. Of course, that person could be a close friend, a teacher, or even me.

An adolescence is a time full of changes, and sometimes you might feel like you can't overcome difficulties in both studies and relationships. But I believe that with self-confidence, you can face any challenge and become stronger each day. Below are the practical methods I want to share with you, hoping they can help you build habits of self-belief.

## 1. Reminding Yourself of Good Things

An, start each morning with a positive thought. It could be gratitude for the good things happening in your life or something you feel proud of about yourself. For example, when you feel anxious before a test, remember your past successes, even if they were small achievements.

## 2. Building Independent Habits

An, to believe in yourself, you need to learn to be independent. Start with small things like preparing your own breakfast or organizing your study schedule. This will help you feel more confident about your ability to manage and operate your life.

## 3. Accepting Failure

An, no one is perfect, so when you fail, it's normal. But An, don't just dismiss it because it's normal—what's most important is what you learn from these failures. When you realize that failure isn't the end but part of the learning journey, you'll begin to build confidence in your abilities. For example, when you don't achieve a high score on a test, accept the reality as an opportunity to learn and improve.

## 4. Making Time for Yourself

An, create a habit of making time for yourself each day. It could be an afternoon walk or simply spending time reading a book you love. When you feel relaxed and confident in yourself, everything around you will become lighter.



## 5. Helping Others

An, one of the wonderful ways to build confidence is knowing that you can help others. Start with small actions, like helping friends with their studies or doing housework. The feeling of being useful will help you clearly sense your own value.

## 6. Seeking Advice and Listening

An, don't hesitate to seek advice from others when you face difficulties. Listening will help you broaden your perspective and learn from others' experiences. Finding advice and knowing how to listen will help you realize that you're not alone, and you always have support from those around you.

Lac and An, these practical methods aren't quick steps or short-term practices, but if you persist in practicing them, you'll feel changes in your way of thinking and living.

Self-confidence doesn't come naturally but must be built day by day, hour by hour. Believe that no matter how difficult life becomes, as long as you maintain faith in yourselves, overcoming challenges will no longer be an issue for you.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER OF TURNING REGRET INTO SERENITY

Dear Lac and An,

I write these lines to you both with a deep conviction that each of you will understand the importance of the value I'm about to share—that is, “the transformative power of turning regret into serenity.”

This is a theme that, throughout my life, in moments facing difficulties, suffering, or moments of uncertainty about what to do, has helped me find peace, hope, and inner strength to keep moving forward.

My dear children, life is never easy, but if you know how to perceive and face challenges, difficulties, even pain and regret, there will always be a way to transform these emotions into inner peace.

Imagine, children, that your lives are like flowing water. Although there may be rocks blocking the way, water will always find a path to flow through. Similarly, within each of you, no matter what pain you face, if you learn to let go and accept, these emotions will become part of the flow, gentle and free. This transformation helps you grow stronger, more resilient, and find serenity even in life's storms.

Lac, I know you're at a crucial age, when life's challenges begin to interweave in complex ways. You might be feeling pressure from studies, worried about your future and career, or sometimes doubting your own abilities.

These feelings are completely normal, and I want you to understand that facing regret, failure, or uncertainty about the future isn't a bad thing. It's simply part of the journey of growing up.

Remember when you didn't score well in your recent exam? You felt very sad and wondered if you were smart enough, capable enough to achieve your dreams. I understand those feelings, child. But what's important is how you faced that failure. Did you allow yourself to be overwhelmed by sadness, or did you seek to learn from those mistakes? I hope you can see failure not as an endpoint, but as an opportunity to learn, grow, and become stronger.

The serenity I want to share with you is the ability to accept difficulties as a natural part of life. When you no longer fear failure but instead embrace and learn from it, you'll feel the inner strength you possess.

You'll no longer feel pain or endless regret about things past but instead find gentleness in your soul. Remember, you're not alone on this journey. Each challenge is a step that brings you closer to the person you want to become.

As for you, An, I know adolescence is always a challenging time. You might be feeling pressure from friends, or even feeling that you're not smart enough and can't measure up to others. The changes in your body and mind might make you feel confused, sometimes lonely. But I want you to understand that loneliness and not fully understanding yourself are all very natural emotions at

your age. No one, not even adults, can always feel certain about everything.

When you feel you're not good enough, unable to keep up with friends, remember that we all go through phases where we must face ourselves. Transforming regret into serenity is the ability to view yourself with kindness, without judgment.

You may encounter situations that make you feel sad or disappointed, but instead of blaming yourself or feeling helpless, try to pause and think about what you might learn from these emotions. Most importantly, don't let these negative emotions control and cloud your judgment. Consider these emotions as lessons, helping you discover stronger aspects of yourself.

I hope you will gradually build confidence in yourself, because each of us has our unique value. Don't let difficulties make you lose your self-confidence. Remember that growth isn't a straight path but a process full of challenges, and each challenge will help you become more resilient.

Lac and An, life will sometimes present us with great challenges, but I always believe you have the strength to overcome them. No matter where regret comes from, no matter how exhausting loneliness might feel, always remember that serenity isn't a destination but a state that you can find even in life's most difficult moments.

Keep your hearts open and be ready to embrace challenges, not as burdens, but as opportunities for

growth. No matter how difficult life may be, never forget that you never have to walk alone. I am always here, ready to share and accompany you every step of the way.

Dear Lac and An,

In the previous section, I shared with you both about the power of transforming anxiety into serenity, and I hope that these values will become a part of your lives.

However, having a life philosophy is one thing, but for it to truly become part of daily life requires specific habits and actions. Therefore, today, I want to share with you some practical methods that you can apply in your daily lives to cultivate the habit of transforming anxiety into serenity.

These methods are not formulas that can instantly change everything, but they will be small, sustainable steps helping you both develop the ability to accept, learn, and grow each day.

Lac, as a grown person facing many challenges in studies and life, you will need tools and methods to help maintain peace of mind, especially when feeling under pressure. Below are practical methods that you can apply to your daily life to create habits of transforming anxiety into serenity.

### 1. Accepting Difficult Emotions

Lac, when you feel anxious, stressed, or uneasy, it's important not to rush to avoid these feelings or force yourself to be happy. Learn to accept your emotions. If

you feel pressure from studies or self-doubt, instead of criticizing yourself, you can tell yourself, “This is a natural part of the growth journey.” When you accept these emotions without judgment, you'll feel lighter and can more easily transform them into valuable lessons. Example, if you don't achieve the results you expected in an exam, instead of blaming yourself, view it as an opportunity to learn and improve. You can ask yourself, “What can I learn from this failure?” and find ways to do better next time.

## 2. Focus on the Present

Lac, one of the reasons you feel anxious is because you keep worrying about the past or future. However, the only way to find peace is to live fully in each present moment. When you feel tired or overwhelmed by work or studies, stop and focus on what's happening around you. Take deep breaths, feel your body, and find a quiet space to regenerate your energy. Example, when studying, instead of worrying about whether you can complete everything on time, focus on each question, each small lesson. Each time you solve a part of the work, you'll feel serene, lighter, and less stressed.

## 3. Set Clear Goals

Lac, you may have felt confused about not knowing your study or career goals. Without clear goals, it's easy to get caught up in anxiety and insecurity. I think you should take time to identify both small and large goals in your life. Setting clear goals will help give you motivation and confidence in each decision. Example, if you want to

improve your test scores, you can set specific goals like, “I will study for 2 hours every evening.” Clear goals will help you focus better and reduce anxiety.

#### 4. Find Balance Between Work and Rest

Lac, one of the best ways to avoid feeling pressured and anxious, is to create balance between work and rest. If you only focus on studying without adequate rest, your mental and physical health will be affected. Take time to relax, go for walks, listen to music, or even spend time with close friends. These moments of rest will help you regenerate energy and maintain peace of mind. Example, if you feel tired after a long day of studying, spend at least 30 minutes doing something you enjoy, like reading or listening to music, instead of continuing to study.

#### 5. Practice Gratitude

Lac, gratitude is a powerful method to transform anxiety into serenity. When you feel pressured, remember the good things happening in your life, even if they're small things. Gratitude will help you change your perspective, and you'll feel more peaceful. Example, after a stressful day of studying, you can write down three things you're grateful for, like, “Today I learned something new,” “I had time to relax,” or “I have good health.”

#### 6. Seek Support

Lac, no one can overcome all challenges alone. When you feel overwhelmed or stuck, don't hesitate to seek help. Share with close friends, family, or mentors who can help you see issues more clearly and find better

solutions. Sometimes, just one conversation is enough to help you feel relieved and find your way forward. Example, when you feel stressed before an important exam, instead of keeping everything inside, you can share with me or your teachers. Sometimes, a small piece of advice can bring big changes.

## 7. Cultivate Patience

Finally, Lac, it's important to be patient with yourself. Serenity doesn't come immediately but is the result of persistence and effort. When you face difficulties, instead of rushing for results, remember that transformation always takes time. Patience is a quality that helps you overcome all challenges. Example, if you feel you haven't achieved your desired study goals, don't rush to give up. Continue trying and be patient with your learning process.

As for you, An, adolescence is a period full of changes and challenges; you may experience anxiety, lack of confidence, or difficulty in shaping your identity. The methods below will help you transform inner anxiety into serenity and build confidence in your journey of growth.

### 1. Embrace Change

An, at this age, your body and mind are changing every day. These changes can make you feel confused or insecure. However, remember that this is a natural part of growing up. Accepting these changes will help you feel more peaceful and comfortable with yourself. Example, if you feel uncomfortable with your changing appearance, instead of worrying, try to view yourself



with more love and acceptance. Remember that everyone goes through changes in life.

## 2. Create Positive Habits

An, habits are the foundation for building a peaceful life. Create healthy habits like waking up early, exercising, or studying regularly. These habits will help you feel more in control and secure in life. Example, you can start your day by waking up early and spending some time exercising, helping keep your body healthy and your mind relaxed.

## 3. Share with Loved Ones

An, when you feel anxious or unsettled, don't hesitate to share with your parents, siblings, or close friends. Sharing will help release your worries and help you find solutions. Sometimes, just having someone listen is enough to make you feel much better. Example, if you're having difficulties with studies or feeling insecure about yourself, share with your parents or a close friend. They will offer helpful advice and help you feel more secure.

## 4. Practice Patience

An, being patient with yourself is very important. When you face difficulties in studies or relationships, don't rush to disappointment. Remember that everything needs time to develop. Patience will help you overcome challenges without feeling pressured. Example, when learning a difficult subject, don't feel disappointed if you can't understand right away. Be patient, take it slowly, and gradually you will master the knowledge.

## 5. Care for Mental Health

An, mental health is a very important factor in having a peaceful life. Don't let stress and anxiety occupy your mind. You can practice meditation or participate in activities that help you relax, like listening to music or drawing. These activities will help release stress and make you feel more relieved. Example, you can spend 10 minutes each day meditating, taking deep breaths, and relaxing your body. This will help you feel peaceful and more focused in studies and life.

## 6. Seek Support When Needed

Finally, An, if you feel overwhelmed or face difficulties, don't hesitate to seek help. There's nothing wrong with this; it shows you're growing up and know how to face life's challenges. Example, if you're having trouble with math, instead of feeling confused, ask teachers or friends for help. Remember, not knowing something isn't bad, but trying to hide your lack of knowledge is what becomes problematic.

Lac and An, through these practical methods above, I hope you both will find peace in your hearts and build positive habits in life.

Remember that each day is a new opportunity for you both to grow and develop yourselves, living in lasting happiness and peace.

By being patient and loving yourselves, you will overcome all challenges and find more genuine serenity, peace, and happiness in your lives.

With all my love,  
Dad.

# THE POWER OF TRANSFORMING STRESS INTO RELAXATION

Dear Lac and An,

Life is full of challenges, and sometimes we cannot avoid feelings of stress. I know that both of you, whether in adulthood or as students, have times when you feel tired, anxious, and confused. It could be due to studies, work, or pressures from your surroundings. But in every situation, remember that stress is not a bad thing. Stress can be a sign of hidden strength that we need to understand and learn to transform so we can view life in a more positive way.

If we compare life to a stream of water, you two are boats floating along that current. Sometimes, the water will surge powerfully, causing the boats to be pushed and rocked. But just like the water, when you know how to steer and create relaxation within yourselves, you can navigate your boats through the waves gently. Transforming stress into relaxation is an art that helps you become more resilient and able to face life's challenges without being overwhelmed.

I hope you both understand that strength doesn't always come from grand things or overcoming challenges in spectacular ways. Sometimes, true strength is the ability to stay calm and find relaxation in moments of stress. This will not only help you overcome difficulties but also help you mature and become more stable in the future.

Lac, I know that at your age, you face many challenges, especially pressures about studying and career choices. There must be times when you feel tired, worried about the future, or even doubt yourself. These feelings are completely normal, and I understand they can cause significant stress. But Lac, if you can understand and transform these stresses, you'll realize that this stress consists of valuable lessons that help you grow and become stronger.

When facing difficulties, don't let those stressful emotions control you. Remember that each failure or challenge isn't the end but a step forward to better understand yourself and the world around you. I always believe you can learn from mistakes and continue to grow. The beauty of life isn't that everything always goes smoothly, but that in difficult times, you always find opportunities to grow. The important thing is not to let stress make you lose your composure.

For example, when facing a difficult exam, if you keep thinking about the pressure and grades, that stress will make you lose your ability to concentrate. But if you realize that the exam is just one part of your learning journey, you'll feel lighter and can enter the exam room with more confidence and a relaxed mindset. Thus, through each challenge, you'll see that your ability to maintain mental relaxation is the greatest strength you can possess.

You can also learn to view difficulties in studies or careers from a different perspective. Think about whether

these challenges are opportunities for you to prove yourself. Certainly they are, because these difficulties are like exercise for your mind and soul. Each time you overcome them, you become stronger and more confident. So stress will become a part of you, but stress won't make you fall; instead, it helps you learn and grow.

Lac, your maturity comes not only from solving problems but also from how you face these problems. Let these stresses become companions in your life, helping you learn and develop. Accept stress as an inevitable part of life, and you'll see that when you can transform stress into relaxation, you'll become more peaceful and stronger than ever.

As for you, An, I know that at your age, during puberty, everything can become very difficult. Changes in your body, emotions, and expectations from friends and family sometimes make you feel stressed and unsure what to do. You might feel tired, anxious about whether you're good enough, or feel lonely when unable to share with anyone. But An, these emotions are natural, and you're not the only one going through these negative emotions.

When you feel stressed, try to pause for a moment and breathe. Breathe deeply and slowly, and you'll feel your body relaxing bit by bit. I know that in such moments, you feel confused and don't know what to do, but remember that these emotions will pass quickly. And if you know how to transform these emotions, you'll see they no longer negatively impact your life.

An, stress is something we all must face, not just in studies but also in relationships with friends and family. When you feel you can't take it anymore, think that everything can change. The situation might not be perfect right now, but if you maintain patience and ask yourself, "What can I do to make my mind more peaceful?" you'll find the answer. Sometimes, just a small change in thinking is enough to make you feel relieved.

An, when you feel lonely, remember that it's just a temporary emotion. You always have loving people around you, and you can share everything in your heart with them. I believe that if you learn to face feelings of stress and loneliness, you'll see that these emotions no longer make you feel weak. Instead, these emotions will become opportunities for you to better understand yourself.

Lac and An, I always hope that what I've shared with you will help you view stress and relaxation differently. Stress is not your enemy but a companion and part of your journey to maturity. If you can learn to transform stress into relaxation, you'll overcome life's challenges peacefully and steadily. Remember that no matter how difficult life becomes, always believe in yourselves and find peace and happiness in your hearts.

Dear Lac and An,

Now that you understand the meaning and importance of transforming stress into relaxation, in this section, I want to take some time to explore with you simple but

effective practical methods that will help you build this positive habit in your daily lives.

These methods will not only help you face stress calmly but also help you develop patience and self-care abilities. I believe that if you practice persistently, a little each day, you will gradually build this inner strength and feel the change in your soul.

### 1. Practice Deep Breathing when Feeling Stressed

Lac, when you feel stressed, the first thing you need to do is breathe deeply. Find a quiet space, sit up straight, and take a deep breath, hold it for 4 seconds, then slowly exhale. This action not only helps calm your nervous system but also brings you back to the present moment, reducing stress immediately. Example, when you encounter a difficult assignment or feel anxious during an exam, try taking a few minutes to breathe deeply. You will feel peace spreading throughout your body and mind.

### 2. Create a Journaling Habit

Lac, journaling is a wonderful way to release stress. You can write about your worries, thoughts in your head, or simply emotions you're experiencing that you can't share with anyone. Writing things down will help you see problems more clearly and feel less pressured. Example, after each stressful day of studying, take 10 minutes to record your feelings. This will help you understand yourself better and feel much more relaxed.

### 3. Practice Morning Meditation



Lac, morning is the golden time to start your day in stillness. Spend at least 10 minutes each morning practicing meditation. You can sit quietly, close your eyes, and focus on your breathing. This will help you start a new day with a light mood and peace in your soul, which can help you overcome daily challenges more easily.

#### 4. Reduce Comparing Yourself to Others

Lac, at your age, you might sometimes feel pressured comparing yourself to friends or those around you. Remember that everyone has their own path, and others' successes are not a measure of your worth. Instead of worrying or stressing about what others are doing, focus on what you're doing well and improve each day. Example, when you see friends doing well in their studies, think about how everyone has their own pace and learning method—what's important is that you feel comfortable and confident with your way of learning.

#### 5. Exercise Regularly to Release Stress

Lac, your body also plays a significant role in reducing stress. Physical activity, whether walking, running, or participating in any exercise class, will make your body produce endorphins, hormones that create feelings of happiness and relaxation. Spend at least 20 minutes each day exercising. You can choose an activity you enjoy, such as swimming or soccer, to reduce stress and improve your health.

#### 6. Listen to and Understand Yourself

Lac, sometimes in life, most of us rarely pay attention to our emotions. So when you feel stressed, take time to ask yourself, “What am I feeling?” “Why am I feeling this way?” Recognizing present emotions will help you avoid being swept away by stressful feelings, and instead, you'll find ways to face and resolve those emotions. Example, if you feel tired from too much homework, you might realize you need rest or adjust how you manage your time.

## 7. Connect with Nature

Lac, nature always has a magical power to soothe the soul. Spending time walking in the park, observing surroundings, or simply sitting under a tree, breathing fresh air, can help you relax and reduce stress. Whenever you feel tired, try spending a few minutes looking at the sky or flowers and leaves, and you'll find your soul becoming lighter and more relaxed.

### 1. Learn to Accept Anxiety

And An, in this life, everyone will have times of feeling anxious and unsettled, especially when you're going through puberty, where emotions often change very quickly. The important thing is that you don't need to chase away or deny these feelings but learn to accept and face them. Example, when you're anxious about not being good enough, instead of drowning in that emotion, you can remind yourself that “this feeling is temporary, and you can overcome it through observation and deep looking.”

### 2. Find Joy in Simple Things

An, sometimes in life, small things can bring great happiness. You should seek simple pleasures each day, like enjoying a cup of tea, listening to a favorite song, or drawing a picture. These activities will help reduce your stress and create relaxation in your soul.

### 3. Practice Self-Listening

An, when you feel stressed, pause for a moment and listen to yourself. You can ask yourself, “How am I feeling?” “Why am I feeling this way?” Asking these questions will help you better understand your emotions, and you'll have appropriate ways to cope. Example, when you feel anxious before a test, remind yourself, “I've prepared well for this test, and I just need to do my best.”

### 4. Open Communication with Family and Friends

An, don't hesitate to share your worries with family or friends. Sometimes, just sharing a bit about what you're going through will make you feel much better. I am always ready to listen, and you can also find comfort from friends. The feeling of sharing will help reduce your loneliness and stress.

### 5. Set Small Goals and Achieve Them Step by Step

An, setting small goals and achieving them step by step will help you feel easier about overcoming life's challenges. Start with achievable goals, such as studying one chapter in 30 minutes, then continue to complete larger goals like finishing an entire book. When you accomplish this, it will help you feel more confident and relaxed through completing each small step.

## 6. Practice Daily Mindfulness

An, no matter how busy you are, spend at least 5 minutes each day being mindful. You can close your eyes and just focus on your breathing. This will help calm your mind and reduce stress in daily life.

Lac and An, these methods aren't grand lessons, but rather small yet crucial steps that will help you transform life's stresses into states of relaxation in your souls.

I hope you will practice persistently every day, even if they seem like small things. Because these habits will help you become stronger, more stable, and better able to overcome life's difficulties.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER OF TURNING FEAR INTO COURAGE

Dear Lac and An,

In life, I believe that none of us can escape moments of fear. It might be that feeling of uncertainty when facing the unknown or the anxiety when confronting major challenges. But my children, fear is not the enemy—it is a silent teacher that helps us discover the hidden strength within.

I want to share with you about “the power of transforming fear into courage”—a power that not only nurtures your souls but also makes you stronger with every step.

Lac and an, you guys can think of fear as a heavy gray cloud drifting across the sky. At first, that cloud might make you feel gloomy, but if you look carefully, a cloud is just a cloud—it can never block out the light forever. Similarly, the worries in your hearts cannot bind you forever if you know how to light the flame from within.

Courage, as I see it, is the lamp that guides you through darkness. Courage isn't about the absence of fear but the ability to look straight at fear, accept it, and then move forward.

My dear children, life will never be short of storms, but I believe you can become like sturdy bamboo trees—flexible in the face of challenges but never breaking. The

power of transformation isn't just a quality of the strong but a gift that everyone can find within themselves.

Lac, I know that being twenty is a threshold full of pressure and opportunity. You're facing big questions about career direction, dreams, and anxious feelings about whether you're capable enough to achieve what you desire. Sometimes, these difficulties might make you feel like you're swimming in rapid waters. But Lac, don't forget that this river is where you can learn to navigate and find your strength.

Lac, courage isn't something grand or distant—it starts with small actions each day. I hope you remember that every time you dare to face a problem, no matter how small, you've already laid a brick in building your courage. For instance, when you receive a difficult assignment at school and feel stuck. Allow yourself to pause, take deep breaths, and break down the problem to solve it piece by piece. Courage isn't about never being afraid but about moving forward even when fear remains.

Lac, when you feel pressure from comparing yourself to others around you—those who seem to know exactly what they want and are moving ahead—tell yourself, “Everyone has their own path, and my path may be different, but that's what will create my unique value.” Remember, the difficulties you face aren't obstacles but steps leading you to maturity.

Lac, life is a long journey, and what matters most isn't how quickly or slowly you reach the destination but what you learn along the way. Remember that the light of

courage is always within you—you just need to believe in it and keep moving forward.

As for you, An, being fifteen is a special phase, full of changes and emotions. I understand that sometimes you might feel lost amid pressures from friends, school, and even yourself. You might wonder if you're good enough, pretty enough, or worthy enough. But An, you don't need to become someone else to be loved. Your true strength lies in accepting yourself, with everything you have.

Courage for you right now might simply be speaking up when you feel something is unfair or daring to step out of your comfort zone to try something new. Don't be afraid of making mistakes, my child. Mistakes aren't failures but opportunities to learn and grow.

When you feel pressured by society's standards or others' expectations, remember that you don't need to live to please everyone. You just need to be true to yourself. Like a flower in the garden, you don't need to compete with anyone to prove your worth—your beauty is unique.

An, your youth will have its moments of sadness, days when you feel you don't belong anywhere. But I hope you remember that loneliness isn't something to fear. Loneliness is just a quiet moment that helps you listen to your inner voice, to realize that you are stronger than you think.

Lac and An, this life cannot avoid storms, but I always believe that you will find your own light. Fear isn't something we need to run from, but something we need to embrace and transform. Courage isn't about being

fearless but about loving yourself and trusting that everything will be alright.

Keep faith in yourselves, no matter where you are on your journey. I always believe that you can overcome any challenge, because the power of transformation lies within your hearts.

Dear Lac and An,

After we shared together about transforming fear into courage, I hope that you not only understand the great value of this power but also know how to apply it in your daily lives.

For this power to truly become an internal part of you both, I believe you not only need to understand it clearly, but you must also practice regularly. Through the practical methods I'm about to share with you, I hope you will find concrete ways to cultivate courage in your hearts and discover peace and strength from within.

Lac, coming of age brings you many opportunities, but also no shortage of challenges. Studies, career choices, or even self-doubt can make you feel afraid. However, it is in these moments that practicing these methods will help you transform fear into courage to move forward more confidently.

### 1. Clearly Identify What You Fear

Lac, when you feel afraid, take time to write down what worries you. For example, if you're worried about a difficult test, write, "I'm worried because I'm not prepared enough, or because I'm afraid of failing." When



you can name your fear, it becomes less vague, and you'll find more specific solutions.

## 2. Focus on What You Can Control

Lac, instead of trying to control everything around you, ask yourself, “What can I do right now?” If you're afraid of not getting good grades, focus on studying one section at a time, rather than thinking too far ahead. When you focus on what you can control, you'll feel less overwhelmed.

## 3. Cultivate Positive Thinking through Emotional Journaling

Lac, each day, write down three things you did well, no matter how small. For example, “Today I read one more chapter of a book.” These positive acknowledgments will gradually help you build self-confidence and reduce fear.

## 4. Learn to Face Failure

Lac, don't be afraid of failure, dear. If you don't achieve a goal, take time to reflect, “What have I learned from this failure?” For example, if you fail in a group project, you might realize you need to communicate more clearly. From there, you'll grow stronger.

## 5. Build Supportive Relationships

Lac, remember, you don't have to face difficulties alone. Share your feelings with friends, mentors, or family. For example, if you're having academic problems, parents or professors can offer practical advice. The loved ones around you are always ready to help.

## 6. Develop Patience through Brief Meditation

Lac, spend 5-10 minutes each day closing your eyes and focusing on your breath. If you feel afraid, imagine your breath like gentle water washing away your fears. Meditation helps keep your mind peaceful and clarifies your thoughts.

## 7. Reward Yourself When Overcoming Challenges

Lac, when you accomplish something you were previously afraid to do, reward yourself. For example, if you successfully presented in front of the class, you might buy yourself a book you love. These small rewards will motivate you to keep moving forward.

As for you, An, at your age, physical and psychological changes, along with peer pressure, can make you feel lost. But fear isn't something you need to avoid; instead, it's an opportunity to learn how to face challenges and grow. The following practices will help you build self-confidence and navigate through puberty with a stronger spirit.

### 1. Recognize Your Emotions

An, whenever you feel unsettled, take time to write or draw what you're feeling. For example, if you feel sad because of an argument with friends, you might write, "I feel lonely and don't know what to do." When you clearly see your emotions, you'll feel less confused.

### 2. Don't Compare Yourself to Others

An, when you see friends achieving something you haven't yet, don't blame yourself. Think, "Everyone has their own journey, and my path is unique." For example, if a classmate gets high marks in a subject, use that as motivation to try harder, rather than feeling inferior.

### 3. Practice Self-Encouragement

An, stand in front of the mirror and speak words of encouragement to yourself. For example, "An, you can do this! You've tried so hard." These simple words will help you build self-confidence.

### 4. Build Positive Daily Habits

An, each morning, spend 5 minutes taking deep breaths and thinking about something good you want to do that day. For example, you might think, "Today I will complete my math homework on time." These small habits will help you create a positive day.

### 5. Find Joy in Simple Things

An, if you feel stressed, find a gentle activity to relax, like drawing, reading, or tending to plants. For example, caring for a small plant can help you feel more optimistic and less anxious.

### 6. Share with Parents or Someone You Trust

An, when you feel troubled, don't hesitate to share with Mom, Dad, or someone you trust. For example, if you're worried about a test, you can ask, "Dad, I'm really worried. Can you help me?" Sharing your feelings will help lighten your heart.

Lac and An, life isn't always easy, but I believe that with regular practice, you will gain the strength to transform fear into courage, and from there, build a life with more value and meaning.

No matter where you are on your journey, always remember that I am here to listen and walk alongside you.

With all my love,

Dad.

# THE POWER OF TRANSFORMING DISSATISFACTION INTO CONTENTMENT

Dear Lac and An,

In life's flow, sometimes we feel our hearts heavy with unfulfilled desires, incomplete dreams, or challenges that make us hesitate. These feelings of dissatisfaction are like dark clouds blocking the sunlight. But do you know, it's because of these clouds that we learn to cherish the light, and from there, we learn to transform darkness into clarity.

I want to share with you an image of water flowing silently through rocky crevices. This stream never stops, never complains about the obstacles in its path. Instead, it gently flows, embracing the rocks and continuing its journey.

Dissatisfaction, my children, is like large rocks blocking your path. If you stand still and complain, the water will stagnate. But if you learn to accept and overcome, like water bending to flow onward, these challenges will help you grow stronger.

Transforming dissatisfaction into contentment isn't about denying difficulties or pain, but about finding strength within them to rise above and live more fully with what you have. This isn't just a necessary quality, but an inner strength that helps you face all of life's ups and downs.

Lac, at your age, I understand there are days when you feel pressure weighing on your shoulders like a mountain. You might be anxious about exams, your future, your career, or expectations from yourself. Lac, have you ever felt that you need to be perfect, that you only have value when you achieve something significant? If so, you must feel very lonely, and you should know that many young people experience these same emotions.

But Lac, life isn't a race where only winners are recognized. Life is like a long journey where every step holds meaning. On days when you feel dissatisfied because you haven't achieved what you wanted, remember that failure isn't the end. Failure is just a lesson, an opportunity to learn how to do better next time.

I remember once, when I was your age, I had placed too many expectations on a job I was pursuing. When I didn't succeed, I felt lost, as if the whole world had turned its back on me. But then, I realized that this very moment taught me patience, acceptance, and how to find a new path. What I want to tell you is that dissatisfaction doesn't diminish your value; rather, it helps you discover your true inner strength.

Look at difficulties like the rocks in the stream I told you about. These rocks don't stop the water from flowing; they create pleasant rippling sounds. Don't let difficulties stop you; instead, learn to transform them into motivation to move forward.

And An, at fifteen, you're in a special phase where you're just beginning to understand yourself, but everything around you seems overwhelming and hard to control. Peer pressure, bodily changes, or sometimes negative emotions that dominate your mind make you feel lost. But An, these feelings aren't bad. They're like sudden summer rain—sometimes wet, but afterward bringing clear skies and fresh surroundings.

An, do you know that dissatisfaction is sometimes just a sign that you're yearning for something better? But what's important is learning to accept dissatisfaction with a peaceful heart. When you feel not good enough, remember that you don't need to be perfect to be loved. Your value isn't in being better than others, but in who you are—your effort, kindness, how you treat others with respect, and how you overcome challenges.

I want to tell you a little story. There was a boy who always felt inadequate because he couldn't draw as well as his friends. One day, he decided to draw a picture for no one else to see, just for himself. That picture, though imperfect, became his most treasured possession because it was the crystallization of his true feelings. An, sometimes what's important isn't what others think of you, but how you see yourself.

Therefore, when you face difficulties, remember that all emotions, including dissatisfaction, are natural parts of life. Accept your dissatisfaction and use it as motivation to grow. Like water flowing through rocks, let challenges make you stronger, not discourage you.

Lac and An, life, though sometimes challenging, is incredibly beautiful. The challenges you face will not only make you stronger but help you appreciate what you have more. I believe that if you learn to transform feelings of dissatisfaction into contentment, your lives will become more meaningful, peaceful, and happier.

Remember that contentment doesn't come from everything around you being perfect but from how you view and accept this life. Don't fear failure; don't fear difficulties. You have, and always will have, the strength to overcome everything.

Dear Lac and An,

As I shared in the previous section, “transforming dissatisfaction into contentment” is not only an inner strength but also a personal journey that each person needs to discover. It's not something that happens in a day or in a moment, but rather the result of small, consistent efforts and perseverance in training our mind, attitude, and perception.

In this section, I want to take a step further with both of you. Instead of just understanding the values, we'll discuss how to turn these values into practical habits in daily life. The methods I'm sharing with you aren't fixed formulas but rather like seeds—if nurtured and practiced regularly, they will bloom and bear fruit in your hearts.

Remember, children, each person's journey is unique. Therefore, these practices are merely suggestions, not standards. The key is to always be honest with yourselves and mindfully listen to what you truly need.



Lac, as a young adult, you're entering a journey filled with countless opportunities, but also challenges and pressures. Sometimes, feelings of dissatisfaction or discontent might make you doubt yourself or feel lost. To help you practice transforming dissatisfaction into contentment, I want to share with you some practical methods you can apply in your daily life.

### 1. Writing a Gratitude Journal

Lac, every day before bed, take 5 minutes to write down 3 things you're grateful for. They don't need to be significant—being thankful for a fresh morning, a fragrant cup of coffee, or help from a friend are all worthy of appreciation. This habit helps you recognize the positive things, however small, that exist around you.

### 2. Practicing “Slowing Down” When Stressed

Lac, when you feel overwhelmed by academic or work pressure, practice slow and deep breathing for 1-2 minutes. Place your hand on your chest, close your eyes, and let your breath bring you back to the present. You can silently repeat this: “Everything happens for a reason, and there's always a solution. Most importantly, I'm doing everything within my power and doing my best.”

### 3. Analyzing the “Positive Perspective”

Lac, when facing failure or difficulties, instead of focusing only on the sadness, ask yourself, “What can I learn from this situation?” “If given another chance, how would I do things differently to achieve better results?”

#### 4. Gifting Yourself Small Moments of Happiness

Lac, each week, set aside a little time to do what you love—like reading, listening to music, or taking a walk. This is a way to recharge and experience simple joys in life.

#### 5. Setting Small Goals and Celebrating Progress

Lac, instead of feeling pressured by big goals, break them down into smaller steps, and celebrate when you achieve them. Example, if you need to complete a big project, divide it into specific tasks, complete them one by one, and reward yourself with a favorite meal or something you enjoy.

#### 6. Learning to Say “Enough”

Lac, when you feel you haven't met your own or others' expectations, tell yourself, “I've done well enough with everything within my reach. What's beyond my control isn't mine to decide.” Accepting your limitations isn't failure but a step toward understanding and loving yourself.

#### 7. Connecting with Inspiring People

Lac, spend time with people who have positive energy, those who make you feel heard and understood. Meaningful conversations will help you learn many things and feel lighter.

And An, at fifteen, everything in your life might be changing rapidly—from friendships and studies to inner emotions. Adolescence is a special journey, but not

without its challenges. Here are some practical methods to help you practice transforming dissatisfaction into contentment and to face challenges more gently.

### 1. Practicing Emotional Recognition

An, when you feel sad, angry, or dissatisfied, take a moment to identify your emotions. You can ask yourself: “What am I feeling?” “What caused me to feel this way?” “Why do I feel like this?” These questions help you understand your emotions and will help you face them more calmly.

### 2. Drawing or Writing to Release Emotions

An, when you feel uncomfortable or don't know how to share with others, try drawing or writing your thoughts on paper. This is a temporary way to release conflicting emotions within you without needing words. When these emotions are “expressed” externally through your drawing or writing, their power to create conflict diminishes, making you feel lighter.

### 3. Finding Beauty in Nature

An, when you feel tired or disappointed, spend time outdoors observing nature—the tree canopies, flower petals, or the sky. Nature always brings tranquility and helps you see the beauty in life as well as in yourself.

### 4. Building Confidence through Small Things

An, focus on what you do best, even if they're the smallest things. For example, if you complete homework on time or help a friend, tell yourself, “I did very well

with what was within my reach.” This will help build your confidence bit by bit.

#### 5. Learning to “Rest Your Mind”

An, each day, spend ten to fifteen minutes doing something you truly enjoy—like listening to music, reading, or simply sitting quietly. This is a way to reconnect with yourself and recharge positive energy for your upcoming activities.

#### 6. Practice Asking Yourself, “Is This Important?”

An, when facing criticism or peer pressure, ask yourself, “Is this truly important to me?” “If it's important, in what way is it important?” “Why is that aspect important to me?” These questions will help you realize that not everything needs to worry you.

Lac and An, through these practices I've shared with you, these are just initial steps to help you become familiar with transforming dissatisfaction into contentment. The most important thing to remember is that “everything takes time.” Your maturity doesn't come from being perfect in everything but from accepting yourself and continuously practicing until it becomes a habit.

Stay confident that each day is an opportunity to learn and become better. When facing difficulties, don't hesitate to come to me or anyone you trust to share. I'm always here, ready to listen and accompany you on this journey.

With all my love, Dad.

# THE POWER OF TRANSFORMING TRAUMA INTO HEALING

Dear Lac and An,

Today, I want to share with you another important topic, one that may help you discover new perspectives in life and, above all, a power that each of us can possess: the power to transform trauma into healing.

This topic isn't something unfamiliar, but rather an inherent ability within each of us. No matter how difficult or challenging life becomes, when we learn to transform our wounds into opportunities for learning and growth, these wounds no longer remain as pain but become an invisible force helping us rise stronger.

Imagine, children, that life is like a flowing river—sometimes calm, sometimes turbulent, but it's the rough waves and hidden rocks beneath that make the river vibrant, powerful, and full of life. Pain, like these waves, may hurt you, but through this, you'll learn to maintain balance, learn to stand firm against challenges, and after each wave, you'll emerge more steadfast.

Remember, trauma isn't an endpoint but part of the healing process. When you learn to accept and face your pain, that's when you begin your healing journey.

Therefore, transforming trauma into healing isn't just a quality but an invisible strength that helps you overcome life's difficulties. And I believe you can learn this strength, regardless of what stage of life you're in.

Lac, you're at the age of maturity, when challenges sometimes make you feel tired and doubtful about yourself. You're facing academic pressures and major decisions about your future, and sometimes you might feel lost in a world full of expectations and competition. I understand this because I've been through these feelings too. But Lac, trauma isn't something to fear, but rather an essential part of everyone's journey to maturity.

When you encounter failure, don't see it as the end. View failure as an opportunity to learn and grow. Every failure, every difficulty brings you a valuable lesson. It's in these challenging moments that you'll discover the hidden strength within yourself.

Lac, I hope you understand that no one can avoid pain or failure, but you can choose how to face and learn from them. Only when you accept that you're not perfect can you truly be free to rise, change, and grow.

Lac, I hope you'll see trauma not just as pain, but as part of the growth process. When facing pain, never forget that true growth comes from accepting and learning from our wounds. Your perseverance and courage will be the foundation helping you overcome all pain in this life.

As for you, An, you're in adolescence, a period full of physiological and emotional changes. You're beginning to feel changes in your body, in your soul, and sometimes you might feel lost, unsure of who you are or where you're going.

Pressure from friends, relationships, or sometimes just negative emotions like feeling inadequate can make you

feel insecure. I know that loneliness can be an uninvited guest, making you feel left behind.

But An, loneliness isn't as scary as you might think. Sometimes, it's an opportunity to better understand yourself. In loneliness, you'll see the hidden things in your heart—your dreams, your desires, and even the fears you've never faced.

Therefore, don't fear this loneliness, because it will help you grow and become stronger. Surely, there will be times when you feel not good enough, but I want you to understand that no one is perfect, and these imperfections and inner wounds will be the building blocks that make you become a more resilient person.

An, remember, whenever you feel sad or lost direction, that's when you're facing an opportunity to understand and love yourself. Transforming trauma into healing and inner strength is a wonderful ability you can learn. Just believe that after every storm, the sky becomes brighter, and what you go through will make you more resilient and stronger.

Lac and An, finally, I want to tell you that life isn't always easy, and trauma is an inevitable part of your journey. But if you know how to transform them into opportunities for growth and learning, you'll find that trauma is no longer a burden. Wounds will become part of who you are, helping you walk more steadily and confidently through all challenges.

Remember that no matter how difficult things get, you always have me by your side, ready to share and

accompany you. Believe in yourselves, and believe that you can overcome everything. And when you feel tired, remember that each time you fall is another time you rise up stronger.

Dear Lac and An,

I know that only when we truly practice and persevere will values like transforming trauma into healing truly take root in your lives. Therefore, theories or shared wisdom, no matter how meaningful, if not applied to daily life, can hardly create real change.

So, in this section, I want to share with you some practical methods to help you nurture this strength in your everyday life. These habits will be small but incredibly important steps, helping you grow stronger on your journey to maturity.

### 1. Viewing Challenges as Learning Opportunities

Lac, in the challenges you're facing, from academic pressure to important career decisions, you sometimes feel stuck. But remember that each difficulty contains a valuable lesson.

The first practice is, when you encounter difficult situations, instead of focusing only on feelings of frustration or disappointment, look at the difficulty or frustration from a learning perspective. Each time, write down your feelings and thoughts in your journal, then ask yourself, “What can I learn from this situation?” “How can these lessons be applied in different aspects?” “Why are these emotions present, and what issues are they



connected to?” These questions will help you shift your focus from just dwelling on discomfort and frustration to considering different perspectives. This way, you won't let negative emotions control your consciousness.

## 2. Accepting Failure and Not Fearing Setbacks

Lac, of success is an inevitable part of growing up. I hope you understand that there's nothing shameful about failing; what matters is how you face it. Lac, you must remember that each failure is an opportunity for you to grow stronger. To practice this, whenever you fail, take a moment to remind yourself that “Failure isn't the end, but a lesson for growth.” A simple example is if you don't make it onto the swim team you wanted, instead of feeling disappointed, you can look at what you've learned through the training process and challenge yourself next time.

## 3. Finding Peace Within Yourself

Lac, in your third year of university life, you'll face many pressures, from school to relationships; therefore, finding a quiet space for yourself is very important. This practice helps you calm your mind, reduce distractions, and regain balance.

For example, each day, you can spend at least 5 minutes meditating, breathing deeply, and focusing only on your breath. These moments will help you regain inner peace and renew your energy, helping you face challenges more easily.

## 4. Feeling and Accepting Emotions

Lac, never hide your emotions, even when feeling sad or afraid. This practice will help you accept emotions as a part of life and help you master your emotions rather than being controlled by them.

When you feel angry or sad, instead of trying to avoid, escape, or push them away, ask yourself, “What am I feeling?” “Why am I feeling this way?” If you don't have answers, you can share these emotions with Dad or write them in your journal. This not only helps you release your emotions but also helps you understand yourself better.

## 5. Making Time for Yourself

Lac, in your busy life, it's easy to overlook taking care of yourself. You know what? An important part of healing from hurt is knowing how to love and care for yourself. Take time for your hobbies, passions, or little things you enjoy. It could be reading, taking walks, or simply enjoying a good meal. These moments will help you feel more positive about life and heal the wounds in your heart.

## 6. Building Healthy Relationships

Finally, Lac, build relationships that make you feel comfortable, loved, and valued. A good friend, a dedicated teacher, or simply people around you whom you feel safe sharing emotions with. These relationships not only help you feel less lonely but are also great sources of encouragement, helping you overcome life's difficulties. Remember, no one can walk alone on the journey of growth.

## 1. Accepting Changes in Yourself

As for you, An, puberty is a phase when your body and psychology undergo many changes. Sometimes these changes might make you feel confused or uncomfortable. Remember that change is natural, and you don't need to be afraid or worried about it. When you feel uncomfortable about something in your changes, take some time to write down those feelings. Accept that you're growing up and each stage in life has its own meaning.

## 2. Finding Peace through Creative Activities

An, there will be times when you feel stressed and want to release negative emotions. One helpful way to find peace is through creative activities. You can try drawing, writing, or doing something you love. For instance, drawing a picture that expresses your emotions or journaling about what you're going through. These activities will help you realize that you can heal yourself through creativity.

## 3. Learning to Forgive Yourself

An, sometimes you'll make mistakes, make wrong choices, but don't be too hard on yourself because of them. The most important thing is to learn to forgive yourself, because no one is perfect. When you feel sad about something you've done, instead of tormenting yourself, remind yourself that, "I can do better next time." Example, if you feel you've treated friends poorly, you can apologize and learn to behave more kindly in the future.

#### 4. Practicing Gratitude

An, one way to heal is to always look for the beautiful things in life. Make it a habit to write down at least one thing you're grateful for each day. Even if it's something small, like a good meal or words of encouragement from friends, gratitude will help you appreciate life and face difficulties more gently.

#### 5. Creating Exercise Habits to Calm the Mind

An exercise isn't just good for the body but also has great effects on the mind. Create a habit of exercising daily, even if it's just a light workout like walking or yoga. These moments will help you relax, release stress, and renew positive energy for a new day.

#### 6. Seeking Support When Needed

An, sometimes in life, we feel tired and unable to face things alone. Don't hesitate to share your emotions and be ready to seek help when you need it. You can talk to Dad, Mom, or close friends or mentors. Their encouragement and sharing will help you feel much more relieved.

#### 7. Finding Joy in Simple Things

An, learn to find joy in simple things, from sitting relaxed under a tree's shade to sharing a good meal with family. These moments will help you feel peaceful and calm amid this busy life.

Lac and An, the methods I've shared with you are just small steps, but very important in your journey of growing up.

If you both practice a little each day, gradually, they will become habits and a source of strength helping you overcome all challenges.

I hope that these things will help you both find lasting peace and happiness while also helping you become more steadfast on your path to maturity.

With all my love,

Dad.

# THE POWER OF TRANSFORMING LOSS INTO APPRECIATION

Dear Lac and An,

I want to share with you another important life lesson that I've learned over the years. It's about “the power of transforming loss into appreciation.” You may not fully grasp this concept yet, but as you grow older, you'll understand that within the difficulties and challenges we face, there's always a greater lesson, a hidden strength that can help you grow and become more resilient.

I want to begin this story with an image familiar to nature. Have you ever paid attention to rivers? A river starts as a small stream, but it can flow through arid lands, sharp rocks, and rough rapids. Throughout this journey, the water cannot avoid being buffeted, flowing through difficult passages, and at times becoming so murky that we can't see our reflection in it.

But then, after overcoming everything, the water becomes clear, cool, and transforms into a mighty river. It's those very obstacles that have made the water stronger and purer. Similarly, in life, we don't always travel on smooth paths, but the challenges we face are opportunities for us to grow and appreciate what we have.

This is the power of transforming loss into appreciation. This power isn't just a quality but a capability that each of us can nurture and develop. I hope that no matter what

challenges you face in the future, you both will see that after each difficulty, you'll grow stronger and learn to love and appreciate this life more.

Lac, you're at the age of growing up, and I know you're facing considerable pressure. School lessons, friendships, and career direction—all of these are creating anxiety and sometimes self-doubt. I understand these feelings because I've been through them myself, but I want you to remember that these challenges aren't negative things; they're opportunities for you to develop and affirm yourself.

In life, you'll sometimes face failure, and I want you to understand that failure isn't the end but a necessary part of the journey to maturity. Remember, these stumbles will help you grow stronger and more resilient. For instance, when you face a difficult exam, you might feel disappointed if you don't achieve the results you wanted. But in each of these moments, you'll learn to be more patient, to analyze problems more thoroughly, and most importantly, you'll learn how to get back up and keep moving forward.

I hope you'll always remember that true growth doesn't come from constant winning but from accepting failures, understanding their causes, and learning from them. When you learn to see failure as an opportunity, you'll never feel discouraged or hopeless. You'll develop a strong mental fortitude, ready to face any challenge.

An example I want to share with you is the story of a great artist. This person spent a lot of time perfecting

their work. During the creative process, they faced many failures and feelings of helplessness. But instead of giving up, they continued to contribute and experiment tirelessly. Finally, their work became a masterpiece, recognized by the world. It was those losses and failures that helped them become more complete, leaving a deeper mark on human culture.

Lac, I believe you'll face similar difficulties, and you'll overcome them in your own way. Never be afraid to face challenges, because each time you overcome one, you'll find yourself stronger. Loss won't weaken you; it will be the resource that helps you appreciate more of what you have.

And An, adolescence is a time of great change. The changes in your body, emotions, and how you view the world around you might make you feel confused and lonely. You might feel like you're not good enough or not accepted by your friends, and these feelings might sometimes make you feel insecure.

I understand these feelings because I've been through this phase myself. It's a stage that every child and person must face. But don't worry; all of these things are a natural part of growing up. It's during times like these that you'll learn to see yourself and learn to accept your imperfections and love yourself more.

An, remember that the difficulties you're going through aren't something to fear. You should see them as opportunities to discover your true self, to better understand what you need, and what you can contribute



to this world. There will certainly be times when you feel lonely and sad, but remember that loneliness isn't always bad. Sometimes, it's in these moments of solitude that you realize what you need and want, and that will help you grow and appreciate the true values in life.

A small story I want to share with you is about a flower. This flower only bloomed one single blossom each day. Sometimes, it didn't receive attention from people because it wasn't a large plant with brilliant flowers like others. However, its patience and simple beauty helped it find appreciation from those around it. Similarly, you'll find strength from within yourself, from accepting your imperfections, as well as learning from the challenges you're facing during your growth.

Lac and An, this life isn't easy at all, but that's exactly why we must learn to appreciate every moment, whether it's difficult or successful. Always remember that every loss has its meaning, and each loss will help you grow more mature. Never give up on yourselves, no matter how difficult life becomes. Trust in your ability to overcome any difficulty, even if it's loss, because I always believe you can do this if you know how to transform loss into appreciation.

Dear Lac and An,

In this section, I want to continue sharing with you practical methods that I believe will help you transform your understanding of the power of transformation into daily living habits. You not only need to understand the value of “the power to transform loss into appreciation,”

but you also need to practice and live with this power every day.

This is the way to help you become more mature, stronger, and gain a deeper understanding of life. I know that everyone will have different ways to practice, but with these simple methods, little by little each day, you will create significant differences in your souls.

Below are practical methods that I think will be suitable for each of you at your ages. Consider these methods as keys that will help you open new doors in your lives.

Lac, I know you're standing at an important turning point in life—the age of maturity, with many challenges and pressures. I will share with you specific practical methods, and I hope they will help you apply “the power to transform loss into appreciation” in your life.

### 1. Accepting Loss as Part of Growing Up

Lac, I know that right now, you're facing big challenges in your studies and career direction. Sometimes, you feel you're not good enough, or not as smart as your friends. This can make you feel insecure and easily discouraged. However, remember that loss isn't about disadvantage or defeat, but rather an opportunity for you to learn and develop. For example, if you don't achieve the high score you wanted on a test, instead of feeling sad, seeing it as losing points, and blaming yourself for not doing well—rather than regretting your lost points, try to understand why you didn't do well on this test and see it as a valuable lesson learned. Look at failure with an open mind, and

don't be afraid of loss. It's precisely this loss that reminds you to appreciate what you have more.

## 2. Finding Appreciation in Daily Simple Things

Lac, one way to transform loss into appreciation is to recognize the value of small things around you. You can start with simple things like feeling peace when having a meal with family or having close friends who are always ready to share your joys and sorrows. Example, when you feel tired, instead of blaming work, you should appreciate the moments of rest to regenerate your energy.

## 3. Solving Problems instead of Blaming

Lac, when you face difficulties, it can be easy to blame circumstances or things that didn't go as planned. However, I hope you'll learn to look at problems from different angles. Remember that each challenge is an opportunity for you to become stronger. Example, if group work in class isn't successful, instead of criticizing others, ask yourself, “What can I do to improve this situation?” “What can I do to help my group overcome this difficulty?” “Which perspective might best solve this problem?”

## 4. Taking Care of Your Mental and Physical Self

Lac, you might not realize that self-care is also an important part of transforming loss into appreciation. When you feel stressed and tired, don't let yourself sink into that exhaustion. You can spend time on activities you enjoy, like reading, listening to music, or simply walking

in the park. These moments will help you find peace in your soul.

## 5. Practicing Gratitude

Lac, each day before you sleep, you can spend a few minutes thinking about things you're grateful for in life. It might be help from a friend or family support during a difficult time. This helps you realize that although you have challenges, there are always good things surrounding you, and that's the source of strength for you to move forward.

## 6. Sharing Good Things with Others

Lac, one of the most powerful ways to transform loss, is sharing with those around you, especially when you realize that giving always brings joy to yourself. Help friends in difficult times, or participate in volunteer activities. When you help others, you'll feel appreciation for what you have, and from there, loss won't be something to fear.

As for you, An, I understand that at your age, life's difficulties can be truly uncomfortable emotions that easily make you feel lost. I want to share with you some practical methods to help you transform the challenges of adolescence into opportunities for growth and cultivating appreciation for life.

## 1. Accepting Change

An, at your age, your body and psychology are changing a lot. You might feel strange with new emotions and sometimes lonely. Instead of running away or trying to

deny it, learn to accept these feelings as a natural part of life. Example, if you feel misunderstood by friends, don't see it as something terrible, but rather as an opportunity to understand yourself better and learn to communicate more effectively.

## 2. Discovering Your Own Interests and Passions

An, sometimes you might feel lost among others' expectations, feeling like you're experiencing loss. However, one of the best ways to transform loss into appreciation is to find your own interests and passions. Spend time exploring things you love, like drawing, writing, or playing sports. These things not only help you develop yourself but also make life feel more meaningful.

## 3. Building Self-Confidence

An, self-confidence is an important factor in overcoming feelings of loss. One way to help you build confidence is to focus on what you've done well, rather than shortcomings. You can spend time each day recording small successes, even if it's learning something new or helping someone. This will help you realize that each passing day is an opportunity for progress, and losses such as time or material things are just means to help you implement your self-confidence, which is itself an expression of appreciation. You appreciate the loss of time or material things to accomplish more meaningful things.

## 4. Facing Loneliness Positively

An, loneliness can sometimes be quite an uncomfortable emotion, dear. Because when we're lonely, the problems or painful emotions we've suppressed have a chance to surface in our consciousness, causing conflict and making us fall into a state of anxiety. However, An, remember that the value of loneliness is bringing up unresolved issues for you to address. Therefore, loneliness gives you opportunities to look back at yourself. Instead of being afraid or sad, spend time practicing journal writing. This is the best way to face those emotions and find positive solutions to resolve them.

## 5. Respecting Your Own Emotions

An, sometimes you might feel misunderstood by others or feel that you're not good enough. Remember that each of your emotions has value. Don't hide or ignore these feelings. You can talk with your closest friend or with Mom and Dad when you feel the need to share. Understanding and respecting emotions will help you transform the loss of being misunderstood by others or not understanding yourself into self-appreciation.

## 6. Sharing Positive Things

One wonderful way to help your soul feel less gloomy is sharing positive things with those around you. You can start by praising friends, family, or participating in volunteer activities. Giving always brings you happiness and a sense of fulfillment.

## 7. Daily Gratitude

An, each day before sleep, you can ask yourself, “What am I grateful for today?” This not only helps you relax but also helps you view life with appreciation. Example, if today you met a good friend or received love from family, these are wonderful things you can thank life for.

Lac and An, you might feel that practicing these things is sometimes difficult, but remember that good habits take time to build.

Be patient with yourselves and never stop trying each day. Although life sometimes has difficulties and challenges, as long as you learn to appreciate each moment, each opportunity, you will feel growth and lasting happiness. I hope you both stay strong on this path!

With all my love,

Dad.

# THE TRANSFORMATIVE POWER FROM BETRAYAL INTO FORGIVENESS

Dear Lac and An,

I want to share with you a topic that I believe will help you tremendously in life, especially during difficult and challenging times.

The topic I want to discuss is “the transformative power from betrayal into forgiveness.” It may sound like a difficult concept, doesn't it? But I believe this is one of the most important values you can cultivate throughout your journey of growth.

My dear children, betrayal can come from many directions—from close friends, from lovers, from those we once trusted. When we're betrayed, it feels like a great wave washing away the peace in our souls. But if we know how to perceive and overcome it, we'll see that it's in these moments that our true human strength is awakened. Forgiveness isn't just an act for others, but also a liberation for ourselves.

Imagine betrayal as a heavy rain in life. The rain can soak us and make us feel cold, but after that rain, the sky will brighten, and the water droplets remaining on leaves will reflect light, creating an incredibly magical beauty. Forgiveness is how we calm that rain and allow the light in our souls to shine again.



This journey isn't easy at all, but if you learn to forgive, you'll gain immense strength to overcome any difficulties in life.

Lac, I understand that you're at a crucial stage in life—age twenty, when everything around you seems to be changing. The pressures from studies, future careers, and even feelings of uncertainty about yourself can make you feel confused and sometimes desperate. But Lac, through all these difficulties, the power to transform betrayal into forgiveness will help you overcome many things.

When you feel betrayed, whether it's due to a lack of recognition from professors or failure in an important exam, you'll feel pain and might feel very lonely. In such times, you might feel angry and sad, but instead of letting these emotions control you, look at them as part of your growth journey.

Lac, forgiveness is how you learn from failure, from betrayal, and see things from a fresh perspective. Therefore, forgiveness isn't weakness but a great strength, a way to avoid being stuck in the past and continue moving forward.

Lac, in university life, sometimes you might feel not good enough, not smart enough to succeed in studies and career, and feel as if you've been betrayed by your own abilities or beliefs. But I want you to understand that not succeeding isn't the end point; it's just an opportunity to learn and start again. If you forgive yourself, you won't feel guilty and disappointed anymore but can stand up and continue fighting.

Lac, remember, forgiveness doesn't mean ignoring wrongdoings but accepting that you cannot change the past, though you can change how you face it. Only when you learn to forgive yourself and others can you find freedom in your soul and continue on the path ahead.

And An, you know, being fifteen isn't easy at all. Adolescence is a time when you'll face many changes, both physical and psychological. Negative emotions like not being good enough, not being accepted by friends, or being hurt by loved ones can make you feel lonely and painful. But remember, each challenge, each pain, is part of the growing process.

You might encounter times when you feel betrayed by those around you. It could be friends you once trusted, or sometimes misunderstandings from family. But An, it's in these moments that you can learn the power to transform betrayal into forgiveness.

An, forgiveness doesn't mean you agree with what others did wrong, but accepting that life isn't always fair, and sometimes, forgiveness itself will help you escape the pain in your heart.

You'll find that when you learn to forgive, you'll no longer be controlled by anger or hurt. You'll feel lighter, freer. An, remember, forgiveness isn't about forgetting mistakes but allowing yourself to continue living and loving. And in such times, you'll realize that these challenges are opportunities for you to become stronger, more mature.

I know there will be times when you feel everything is difficult and tiring. But remember, when you look at these difficulties through the eyes of forgiveness, everything will become much lighter.

Lac and An, forgiveness is an extremely important value in everyone's life. It's not just an act of kindness toward others, but above all, forgiveness is a gift you give to yourself. Forgiveness helps you find peace in your soul, helps you overcome challenges, and helps you see light, even in the darkest times.

No matter how difficult life becomes, no matter how betrayed or hurt you might feel sometimes, remember that the power to transform betrayal into forgiveness will always help you overcome all difficulties. And when you can forgive, you'll find yourselves stronger and freer than ever before.

Dear Lac and An,

In the previous part, I shared with you about the profound values of transformative power from betrayal into forgiveness.

My dear children, in life, you not only face challenges, but you also need to learn how to cultivate qualities that help you overcome difficulties, maintain your spirit, and find peace within your hearts.

My dear children, forgiveness is not an easy thing to practice, but it is a process that we can practice every day. I want to share with you some practical methods so you can absorb this value into your daily life.

Practice is the way to help you develop habits, and gradually, forgiveness will become an indispensable part of your lives.

Lac, I know that being twenty is an age full of challenges. You're beginning to build the foundation for your career, sometimes feeling tired and under pressure. In such times, you might feel disappointed or hurt, especially when facing betrayal from those you once trusted. But Lac, forgiveness is the key that helps you unlock the sadness from that betrayal. Here are some practical methods that I think will be very useful for you:

### 1. Recognizing and Accepting Emotions

Lac, whenever you feel hurt or angry because of betrayal from others, take some time to recognize and accept your emotions. Don't force yourself to immediately let go of those feelings of betrayal. Remember, these painful emotions are a natural part of being human, and they will help you understand yourself better. You can write these feelings in a diary or simply talk to a trusted friend. When you acknowledge your feelings of betrayal, you will find it easier to transform them.

### 2. Focus on Self-Forgiveness

Lac, sometimes you might feel unhappy with yourself because you feel you made a mistake in certain situations. Forgiving yourself is an important step. Remember that each of us can make mistakes, and what's important is what you learn from those mistakes and not letting them become a burden in your heart. You can start

by writing down what you've learned from those mistakes and promising yourself, “I won't make that mistake again, and I will do better in the future.”

### 3. Finding Inner Peace

Lac, to forgive, you need a space to relax and find inner peace. Sometimes, life around you can make you feel stressed, but you need to take time to find this necessary stillness. You can choose an afternoon walk, meditation, or just a relaxing evening reading a book you love. Peace of mind will help you more easily accept and forgive the hurt that others have caused you.

### 4. Learning to See Others Through Generous Eyes

Lac, people around you don't always act the way you expect. However, they also have their own worries and pain. Sometimes they betray or hurt you not because they want to hurt you, but because they themselves are experiencing some kind of pain. You should learn to look at them through generous eyes, to understand that everyone has their own story, and their actions are sometimes just the result of their own difficulties.

### 5. Setting Goals for Learning and Growth

Lac, every experience, whether painful or happy, can be an opportunity for you to learn and grow. Look at life's difficulties not as obstacles, but as lessons to help you become stronger and more resilient. Focus on what you should learn from every situation, rather than dwelling too much on the hurt.

## 6. Maintaining Gratitude

Lac, gratitude will help you develop a generous spirit and make forgiveness easier. Each day, take a few minutes to think about the beautiful things in your life, the people you love, and the opportunities you've had. Gratitude will make your heart lighter and help you more easily forgive those who have hurt you.

## 7. Don't Fear Betrayal

Lac, often you might feel you cannot forgive because you're afraid you'll be hurt again. However, don't fear betrayal. Forgiveness is not weakness but strength. You must believe that when you forgive, you're not just liberating others, but also liberating yourself. Betrayal is an inevitable part of your journey to maturity, and forgiveness is an important step that helps you become stronger in the future.

As for An, I know that at fifteen, your life is full of changes. Your emotions can change quickly, and sometimes you feel lost or misunderstood. But An, you should know that we all have times like this. Learning to forgive will help you overcome these difficulties and maintain your self-confidence. Here are some practical methods I want to share with you:

### 1. Accepting Yourself

An, sometimes you might feel you're not good enough compared to your friends or feel abandoned in relationships. However, you must know that you deserve to be loved and valued. Accepting yourself with all your

imperfections is the first step to being able to forgive others and yourself.

## 2. Finding Ways to Release Emotions

When feeling sad or angry because someone has betrayed you, don't keep those emotions inside. Find ways to release those emotions, like writing in a diary, drawing, or talking to Mom, Dad, or close friends. Releasing emotions helps you better understand what's happening inside you and makes it easier to forgive when things are resolved.

## 3. Taking Time to Stay Calm

An, when you feel confused or angry because of betrayal, don't act hastily. Take time to calm down. You can take deep breaths, go for a walk, or do something that helps you relax. Taking time to calm down will help you think more clearly and make better decisions.

## 4. Learning to Put Yourself in Others' Positions

An, sometimes, others might betray and hurt you unintentionally. Try to put yourself in their position to understand what they're thinking and feeling. This not only helps you forgive more easily but also helps you mature in how you view people and yourself.

## 5. Maintaining an Optimistic Attitude

An, no matter how difficult things get, always keep an optimistic attitude in your heart. Every challenge will help you grow, and if you look at things positively, you'll

find it easier to forgive. Optimism helps you see that all difficulties can be overcome.

## 6. Creating Space for Forgiveness

An, forgiveness isn't something you do once and it's over. Create a space for yourself each day to practice forgiveness. Perhaps before bed, you can think about those who hurt you that day, put yourself in their position, understand their emotions, and forgive them. This will help your soul become lighter.

Lac and An, forgiveness isn't easy, but it's a process that takes time and patience. Through these practices, I hope you will gradually absorb the value of forgiveness and make it part of your daily lives.

Always remember that the path to maturity is never straight, but if you know how to forgive, each step you take will be lighter. I always believe in you both and know that you will overcome all life's challenges to achieve lasting peace and happiness.

With all my love,

Dad.



# THE POWER OF TRANSFORMING HELPLESSNESS INTO MOTIVATION

Dear Lac and An,

The life you are going through is not always easy. The challenges you face, from academic pressure to big questions about the future and the inevitable changes of growing up, have surely made you feel like you're sinking in darkness. I understand that, and I want to share with you another important value in this life, which is “the power of transforming helplessness into motivation.”

This power, like a cool stream of water, can be found in places that seem most barren. It doesn't come from avoiding difficulties but from how we face and learn from those difficulties.

Imagine yourselves as bamboo trees bending in strong winds. When the wind blows, the trees don't fall but stand firm. A bamboo tree cannot become stronger if it doesn't experience these strong winds. The same goes for you. You cannot find your strength if you don't go through challenges. And these challenges will become motivation when you know how to transform them.

The topic I want to share today is part of the journey of growth that each of you will go through. The transformation from helplessness to motivation isn't easy, but if you learn to accept and persistently practice, those feelings of helplessness will become an invisible force,

bringing you closer to yourselves, to what you want, and to what you deserve in this life.

Lac, I know that your youth hasn't always been easy. As a third-year student, you're facing many challenges. Stressful exams, self-doubt, and even questions about your career path can make you feel tired and confused. But Lac, these are the important moments that help you understand that failure or feelings of helplessness are an essential part of your growth journey.

When you feel you can't continue, when your feet seem unable to take another step, or when you feel helpless, that's precisely when you need to look back at yourself and see challenges as an inevitable part of life. Remember that each time you stumble or feel helpless is an opportunity to become stronger if you know how to get up and learn from those mistakes or moments of helplessness.

Lac, don't fear failure or helplessness. We often think that failure or helplessness is the end, but in reality, it's a turning point for us to start again with new strength. Think about the successful people you admire. They aren't people who never failed or felt helpless, but people who knew how to turn failure or helplessness into motivation. The same goes for you. Difficulties in studies and work are just challenges to help you find ways to overcome them. Only when you realize you're not perfect will you be able to move forward more easily.

I always remember a story about a bamboo tree. The tree was planted in loose soil, but it couldn't grow tall without

strong winds. Those winds didn't destroy the tree but made it grow even taller. Similarly, difficulties or helplessness cannot defeat you if you know how to learn from them.

For instance, there are times when you can't complete an exam as you wished, and you feel like you've failed or feel helpless. But if you look at it from a different angle, considering what you've learned from this failure or helplessness, then you're transforming your helplessness into motivation. Instead of giving up, this new perspective will motivate you to identify mistakes, correct them, or make adjustments for the better. These are the valuable lessons that help you grow.

Lac, remember that you might not see changes immediately, but with persistence and the ability to accept failure, you'll walk more steadily. I believe you can do it because you have inherent strength within you; you just need to know how to find it.

And An, adolescence is an age when everything around you can change quickly and unpredictably. Friends, family, and relationships can all make you feel pressured. Psychological and emotional changes sometimes make you feel lost and lonely. But dear, don't think that loneliness or feelings of insecurity are something only you experience. These emotions are something all of us, as humans, have gone through, and if you learn to face these emotions, you'll become much stronger.

An, sometimes, loneliness can make you feel helpless, as if you can't connect with those around you. But loneliness

isn't an enemy; it's a companion that will help you discover yourself. In these moments of solitude, you'll find your inner strength and realize you can overcome all challenges on your own. Don't let loneliness make you feel inadequate. In fact, loneliness is an opportunity to befriend yourself and better understand what you truly want and need in life.

An, certainly in life, you'll encounter physical and mental changes that you can't avoid. Sometimes these changes will make you feel lost or helpless. But in such moments, you'll realize that the power to transform helplessness into motivation is the key to helping you continue to rise. Look at the small things in life: from unhappy days, you can still learn something new. Or in times when you feel not good enough, you find new strength to stand up and move forward.

Therefore, you don't need to become someone else; you just need to be yourself and learn to overcome difficulties through persistence and self-love. Remember that each difficulty is just part of your growth journey, and you'll grow stronger after each challenge. Everything will be fine, dear, if you completely trust in yourself.

Lac and An, life will never be easy. But it's in these difficult times that you'll find your true strength. Remember that difficulties aren't negative things but opportunities for you to learn and grow. Even when you feel helpless, never give up. Your inner strength is infinite; you just need to dare to face and overcome challenges.

Dear Lac and An,

In life, sometimes we need time to reflect and look within ourselves. Challenges will always be present, and understanding how to transform helplessness into motivation will help you overcome everything. But as you know, understanding alone is not enough; you need to practice cultivating this strength every day.

That's why I want to share with you some simple but effective practical methods. These aren't just theories, but habits that I believe will help you build inner strength to overcome any difficulties or challenges in life.

We'll take it step by step, from awareness to action, so you can feel the transformation from within.

Lac, as you enter adulthood, many complex issues will begin to emerge. Challenges come not only from studies but also from finding your career path and facing self-doubt. To practice transforming helplessness into motivation, I hope you'll pay attention to some methods that I believe will help you overcome these difficult phases.

### 1. Viewing Failure as a Learning Opportunity

Lac, when you encounter failure, instead of feeling helpless, try to see failure as an opportunity to learn. Failure isn't the end, but rather a part of the growth process. Example, when you don't do well on a test, don't rush to judge yourself as not being good enough. Instead, review the test, examine your weaknesses, and think about ways to improve. This way, each time you fail, you

learn something new—that's the power of transforming helplessness into motivation.

## 2. Building Patience

Lac, at your age, wanting everything to happen immediately is natural, but patience is one of the most important lessons. Try applying this simple method: whenever you face difficulties in studies or work, take some time to relax and think calmly. This practice will help you build inner strength and understand that everything takes time to perfect.

## 3. Setting Small Goals and Taking Steps

Lac, feeling overwhelmed when facing a big task, is natural. But if you break down your goals into smaller steps, everything becomes more manageable. Example, if you want to master a difficult subject, don't think about becoming excellent right away; instead, set daily goals, like learning one concept each day. You'll gradually feel your progress, and motivation will naturally follow, rather than feeling increasingly overwhelmed and helpless with the subject.

## 4. Making Time for Self-Reflection

Lac, I notice that sometimes you might feel lost among life's choices. That's very normal at your age. So, create a quiet space each day to sit, reflect on yourself, and think about what you want for your future. This not only helps relieve stress but also helps you see your goals and life choices more clearly.

## 5. Exploring Personal Interests and Passions

Lac, you might feel uncertain about your career path, but remember that exploring your interests and passions is an excellent way to overcome helplessness. Try participating in activities outside of academics, like sports, music, or volunteering. This not only helps develop skills but also broadens your perspective and finds new motivation in life.

## 6. Building Positive Relationships

Lac, the people around you greatly influence your mood and motivation. Therefore, spend time connecting with sincere friends who can share both joys and challenges with you. I know that when you feel helpless, genuine encouragement from friends will help you see the light ahead.

## 7. Finding Strength in Solitude

Lac, solitude can sometimes be a big challenge for you, but it's also an opportunity to find yourself. Sit alone in a quiet space and take time to reflect on what matters most to you. Sometimes, in these moments, you'll realize what you truly want and need. From there, you can find the motivation to move forward.

As for you, An, at your age, physiological changes and peer pressure can make you feel uncertain about yourself. However, you need to understand that all emotions and challenges you face are part of the growing-up journey. Below are some practical methods that I think will help you build motivation and feel more confident in life.

## 1. Accepting and Facing Solitude

An, anxiety and loneliness sometimes appear during puberty, especially when you feel abandoned or unable to connect with others. However, loneliness isn't something terrible or bad. In fact, solitude can be an opportunity to learn self-love and understand yourself better. Create some time for yourself to do things you enjoy, like reading, drawing, or simply walking in the park. This will help you feel peaceful and reconnect with yourself.

## 2. Learning to Love Yourself

An, sometimes you compare yourself to others and feel not good enough. Dear An, remember that everyone has their own value and no one is perfect, including you. So, start each day with self-praise. It can be something simple like, "I did really well on that test this morning" or "I'm doing the best I can with what I have." Such self-affirmations will help you feel more confident and reduce feelings of helplessness in difficult situations.

## 3. Learning Problem-Solving

An, when facing problems, don't let anxiety overwhelm you. Break the problem into smaller parts and find solutions for each part. Example, if you're struggling with a subject, instead of feeling helpless, plan to study it part by part, from simple questions to more difficult ones. When you see that you can solve small problems, motivation will naturally increase.

## 4. Developing Patience



An, you might feel frustrated when things don't go your way, but patience is crucial for overcoming these difficult times. Try practicing patience exercises like counting from 1 to 10 whenever you feel frustrated or pressured. This will help you stay calm and view problems more clearly.

## 5. Finding Encouragement from Family and Close Friends

An, during difficult times, don't hesitate to share with family and close friends. An open conversation will help relieve anxiety and see problems from a different perspective. The care and encouragement from those around you will be strong motivation to help you overcome challenges.

## 6. Setting Small Goals and Rewarding Yourself

An, whenever you achieve a small goal, don't forget to reward yourself. Example, if you complete a difficult assignment or finish a book chapter, take some time to relax, like watching your favorite movie or enjoying a good meal. This will help you feel proud and continue striving forward.

Lac and An, on your journey to growing up, there will be times when you feel you can't overcome difficulties. However, just remember that the power to transform helplessness into motivation isn't something far-fetched—it's patience, self-confidence, and inner strength within each person.

Always maintain faith in yourselves and never give up.  
Life becomes beautiful when you know how to maintain  
motivation and believe in your own abilities.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER FROM EXPECTATION TO FREEDOM

Dear Lac and An,

As I write these lines, my heart is filled with love and a touch of wistfulness. You might wonder why I want to share with you such a seemingly vast and profound topic, “The transformative power from expectation into freedom.”

My dear children, these words may not be something you can easily understand right away, but I believe that one day, when you look back, you'll see that this is the key to living a life of freedom and fulfillment.

You know, in life, we often tie ourselves to expectations—not just expectations from others, but often from ourselves as well. Why? Because expectations are motivating forces, flames that illuminate our belief in our abilities, but sometimes, if we don't know how to transform these expectations, they can become burdens, making us feel tired and confused when we face them.

At such times, what we call “freedom” seems to become something distant, like a dim light we cannot reach. But if you learn to transform expectations into positive energy, freedom will become part of who you are. Freedom isn't about having no commitments or responsibilities but about the ability to live true to your nature, freedom in your own choices and thoughts.

The image I want you to envision is that of flowing water. Water can be turbulent or flow quietly, but it always knows how to follow its path, even when blocked by rocks or obstacles. Expectations are like these obstacles that water might encounter, but water always finds ways to overcome them. When you learn to transform expectations, you'll learn to become like that water—flexible yet strong, resilient but not forced. That's when freedom will come to you.

Lac, as you enter adulthood, you'll likely face many challenges. The college years are difficult, not just in terms of studies but also in career orientation and finding your identity—none of it is easy. The pressure from studies, family, and society's expectations, questions about the future... all these things will make you feel tired and sometimes doubtful about your own abilities.

I know sometimes you feel like you're not capable enough, unable to meet expectations from yourself and those around you. But Lac, remember that expectations aren't burdens but motivations for your growth.

True freedom isn't about always achieving every goal but about the ability to accept that failure is part of life. Failure isn't frightening, as long as you don't let it control your mindset. You will see that failure is just a lesson, an experience that makes you stronger and more resilient on the path ahead.

Lac, look at the difficulties you face not as walls blocking your way but as opportunities helping you find new directions. So don't fear failure, because when you can

accept failure, you'll have more freedom to seek creative and fresh paths. Remember, it's the maturity in thinking, the ability to learn and transform expectations into action, that will help you realize that freedom is the ability to live true to yourself, and you're no longer bound by anything except yourself.

Lac, sometimes you might feel helpless and lonely, but never forget that these are the times for you to discover the strength within yourself. Freedom isn't about running away from difficulties but how you face them and learn from them. Remember that every challenge contains seeds of growth, and you can choose to nurture those seeds.

And, An, adolescence is always a turbulent time in everyone's life. You begin to notice changes in your body, in your thoughts, and sometimes feelings of insufficient confidence. I know you might feel confused and puzzled by the emotions you're experiencing. Sometimes you might feel like you're not good enough, or that you can't please everyone, or you might feel surrounded by loneliness.

But An, remember that loneliness, though it may be uncomfortable, is an opportunity to look within yourself. It's time to understand that you don't need to live up to anyone else's expectations; what matters is living true to yourself. Others' expectations can be burdens, but they can also be motivations to help you try harder. Freedom is the ability to realize that you have the right to choose how you'll respond to these expectations and how you'll learn to transform them into motivation for your growth.

I hope you understand that even though you might struggle with fitting in or finding self-confidence, An, this is normal; it's part of your growing process. An, remember that freedom doesn't mean you won't feel any anxiety, but rather it's the ability to accept those feelings without letting them control you. Learn to love yourself, accept your imperfections, and know that true growth comes from perseverance in overcoming these difficult feelings.

Lac and An, life will never be without difficulties and challenges, but with the power to transform expectations into freedom, you'll be able to face any difficulty without feeling pressured or limited.

Always believe in yourselves, because you have the ability to take charge of your lives. Don't let outside expectations diminish your self-belief. Learn to accept and transform them into strength so you can develop freely.

Dear Lac and An,

We have shared together about the transformative power of turning expectations into freedom, a value that not only helps you both overcome difficulties but also creates a solid foundation for moving forward in life.

However, understanding theory alone is not enough. What I share in this section will be practical methods that you can apply in your daily lives to gradually build the habit of this transformation.

You will see that, over time, these habits will not only help you face difficulties more strongly but also create peace and freedom within your consciousness. I hope you can practice these things and see the change from within.

## 1. Recognizing Your Own and Others' Expectations

Lac, one of the first important steps is to recognize the expectations you're carrying, whether they come from yourself or from those around you. These expectations might come from your own ambitious goals or from the expectations of family, friends, or mentors. Take a moment to sit down, write down all these expectations, and ask yourself, "Are these things I truly want, or am I just trying to please someone else?" Once you can recognize these expectations, it will be easier to transform them into the freedom to act according to what you truly desire.

## 2. Accepting Failure and Learning From It

Lac, at your age, you will face many challenges. You might feel like you're failing when you don't achieve the academic results you expect or when making difficult decisions about your future. However, remember that failure is not the end. A truly mature person is not someone who never falls but someone who can get up after each fall, learn from it, and continue moving forward. Therefore, failure is just a natural part of life and an opportunity to build resilience. Turn your failures into valuable lessons, and use these lessons as solid stepping stones to make your path more stable.

### 3. Focus on the Process Rather than Just Results

Lac, in your journey of learning and professional development, you will face pressure to achieve excellent results. However, if you only chase results while forgetting the process, you'll feel exhausted and unable to enjoy the journey. Learn to focus on each small step, each specific task, each day. When you focus your mind on the process of learning and improving, that's when you'll feel free and happy, rather than just waiting for the day you achieve success.

### 4. Listening to and Understanding Yourself

Lac, during times of stress, listening to your body and mind is extremely important. Take time to pause, close your eyes, and ask yourself “how you feel.” Feelings of tiredness or anxiety can be signs helping you realize that you need to change your approach to problems. Listen to yourself; this not only helps you adjust your own pace of life but also helps you find more effective methods in learning and work.

### 5. Daring to Let Go When Necessary

Lac, there will be times in life when you'll have to face letting go. It might be giving up a career choice that's not suitable or letting go of a relationship that doesn't bring happiness. When you dare to let go, you're choosing freedom. Don't be afraid to do this. Letting go isn't failure but wisdom in choosing a better path. Sometimes, this very act of letting go will open new opportunities, helping you become stronger and freer.



## 6. Creating Space for Yourself

Lac, in busy life, sometimes you forget that you need personal space to recover and regenerate energy. Create time for yourself to rest, read, take walks, or simply sit quietly. These moments of silence not only help you relax but also help you think more clearly about your goals and personal expectations. When you have space for yourself, you'll feel lighter and more free.

## 7. Practicing Gratitude

Lac, one of the wonderful habits you can practice daily is writing down something you feel grateful for. Whether it's something small or big, this will help you view life from a more positive perspective. Gratitude helps reduce feelings of lack and focuses on what you already have and currently possess. When you practice gratitude daily, you'll feel life becomes easier and more free.

## 1. Learning to Love Yourself

And An, during puberty, you might be experiencing many difficult emotions, from confusion about self-image to feelings of insecurity. However, loving yourself is the first step to creating freedom in your soul, dear. Look in the mirror each day and tell yourself, “I deserve to be loved and valued, not because I'm perfect but because I am myself.” Loving yourself properly will help you feel free, and you won't need to compare yourself to others.

## 2. Don't Fear Change

An, youth is a time of discovery and change. You might feel strange and scared when everything around you changes, from new friends to social relationships. However, don't fear change. Each change brings new opportunities for learning and growth. Accepting change as a natural part of life will help you feel more free in exploring yourself and the world around you.

### 3. Learning to Accept Negative Emotions

An, puberty is a stage where emotions can change rapidly. There will be times when you feel sad, anxious, or disappointed. But don't fear these emotions. These feelings are just part of life and how your body and soul react to challenges. Accept these emotions without judgment. When you learn to accept the negative emotions within you, you'll no longer be controlled by them, and you'll find peace in your soul.

### 4. Finding Joy in Small Things

An, sometimes, you forget that the small joys in life are actually the biggest motivators. A beautiful morning, an interesting book, or a pleasant conversation with a close friend—these are all precious moments. Make it a habit to seek joy in these simple things, as this is the way to help you experience freedom in life.

### 5. Setting Goals and Taking Steps

An, even though life is full of challenges, you can still find freedom when setting goals for yourself. These goals don't necessarily have to be grand; they can be small things in life. Learn to set specific goals, then take steps

one by one to achieve them. When you see yourself getting closer to your goals, you'll feel strength and freedom in that very journey.

## 6. Practicing Daily Gratitude

An, like what I shared with your brother Lac, practicing gratitude is a wonderful way to view life positively. Every night before bed, write down three things you feel grateful for. This will help you see life as more fulfilling and meaningful while helping reduce feelings of lack or anxiety. When practicing gratitude, you'll feel free and happy in each moment.

Lac and An, each of us will have our own challenges and paths to walk. However, with these practical methods, I believe you will have enough strength to transform expectations into freedom, not only in your learning journey but also in your own lives.

Always remember that freedom isn't something distant, but the ability to live true to yourselves, according to the values and dreams you've chosen.

I hope you both always maintain faith and continue striving forward on this path.

With all my love,

Dad.

# THE POWER OF TRANSFORMING PAIN INTO LOVE

Dear Lac and An,

Life is always a journey full of challenges, and there are times when you both may feel like you cannot overcome the pain, sorrows, or setbacks. But within each difficulty, each moment of pain or failure, lies an invisible strength that can help you grow and emerge stronger. That is the “power of transforming pain into love,” my children.

When you look at the sky during summer rain showers, you will see that although the rain may drench the earth, after each rainfall, the air becomes fresher and more renewed. Rain is like the pain we experience in life. The rain may soak you, make you uncomfortable, but it is that same rain that brings freshness and revival to everything around.

Similarly, in every hardship and pain that you experience, you can find love, hope, and strength to begin anew. Transforming pain into love is not easy, my children, but it is an ability that each of us can learn and develop.

My dear children, pain is not something to fear if you can see it as a part of life or as an opportunity to better understand yourselves and what matters to you. Therefore, the value of transforming pain into love is an incredibly important strength in life that will help you overcome challenges without losing your true self.

Lac, you are at the age of maturity, where the greatest challenges begin to appear. Pressure from studies, career direction, or sometimes, just self-doubt. I understand that sometimes you feel not good enough, not strong enough to face life's difficulties. But you know what? These difficult times are opportunities that help you grow, and you'll realize that pain isn't the end but rather the beginning of growth.

Lac, when you encounter failure, whether in studies or life, don't rush to feel sad or blame yourself. Failure isn't a bad thing, but a natural part of everyone's journey. If you never fail, you won't learn the valuable lessons that life has for you. These are lessons about patience, humility, and knowing how to get back up after falling. Consider these difficulties as grinding stones of challenge, helping to polish you until you shine brighter.

Lac, remember, never fear your moments of weakness. Do you know that sometimes these moments of vulnerability help you recognize greater values in life? That's when you learn to love yourself. You learn to see your life from fresh perspectives. Remember that nothing in this world lasts forever. Therefore, no pain is permanent, and it's just a necessary part of your growth process.

As for you, An, you're in adolescence, a turbulent period of life. Your emotions change daily, from joy and excitement to anxiety and sometimes, loneliness. You might feel not good enough. You might feel lost in relationships, unable to find connection with others. But

you should know that these feelings are natural and nothing to be ashamed of.

An, when you feel lonely, that's when you need to listen to yourself. Don't fear loneliness, because that's when you learn to love yourself and recognize your value without comparing yourself to anyone else. The pain, whether from emotional needs or communication difficulties, can become an opportunity to help you better understand yourself and discover what you truly want in your life.

I know that you might find it difficult to face physical and psychological changes and peer pressure. But remember that these difficulties will help you better understand true love. True love isn't about harmony with others, but harmony with yourself; it's about knowing how to love and cherish yourself in all circumstances. Sometimes, self-love also means learning to forgive yourself, especially when you feel you haven't done your best.

An, face each difficulty you encounter, rather than letting these difficulties defeat you. Remember that hardships and challenges are opportunities for growth. Therefore, don't fear difficulties or feelings of loneliness, as they're just small parts of your journey to maturity. These difficulties only make you stronger if you know how to transform them into love and self-belief.

Lac and An, this life will never be free from pain and loss. You will have to face pain, loss, and sometimes failure. But I hope you'll always remember that these wounds are not insurmountable. These pains are valuable lessons,

opportunities for you to develop and grow. Most importantly, you need to accept that these pains are inevitable parts of life, and from there, you'll find the strength to stand up and continue moving forward.

Remember that the path to maturity is never smooth, but every step on that path can be illuminated by your love and faith. Always maintain faith in yourselves, believe in the power of love, and never cease striving to overcome challenges.

Dear Lac and An,

In this life, every hurt or loss can become an opportunity for both of you to grow and change. Therefore, the practice of transforming hurt into love is an essential journey.

These are not just theories or words, but practical actions that you both can apply in your daily lives to nurture your inner strength and transform suffering and hurt into motivation for personal growth. In this section, I want to share with you some specific practical methods that will help you live with this strength every day. Along with these are real examples to help you easily visualize and apply them in your life.

Lac, at your age, there will certainly be times when you feel lost, doubt yourself, and don't know what to do next in life. This is a natural part of growing up. However, you will also realize that these hurts and losses can become a solid foundation for building yourself. Here are some practical methods that will help you turn hurt into opportunities for learning and growth:

## 1. Accept Pain as Part of Life

Lac, each time you face pain, don't let it defeat you. Pain is not the end but the beginning of a new path. Sometimes, it's through mistakes and stumbles that you learn the most valuable lessons. Example, if you don't do well on a test, instead of feeling sad and pain, ask yourself, "What can I do to improve for the next test?" This way, you won't see pain as something to fear but as an opportunity to learn and improve yourself.

## 2. Remind Yourself That You Deserve Love

Lac, sometimes you might feel lonely and undervalued, causing you to feel hurt. However, remember that everyone has their own worth. Therefore, you don't need to become someone else to be loved. Each morning when you wake up, remind yourself, "I always deserve love and respect." This reminder will help you build self-esteem and love for yourself.

## 3. Be Grateful for Life's Difficulties

Lac, when life brings hurt, instead of feeling resentful, try to look deeply into what that hurt might bring you. A great hurt might cause you suffering, but when you observe and look deeply into that hurt and find the root cause to solve it completely, you will become much stronger. Example, when you face a lecturer who always criticizes you, causing you hurt, instead of feeling angry or hateful, you can think that this is an opportunity to enhance your patience, resilience, and academic improvement skills.



#### 4. Finding Peace in Busyness

Lac, in today's society, things are constantly changing, making you feel stressed. However, no matter how busy you are, remember that peace is always within your reach. You can spend a few minutes each day calming your mind, like sitting alone and breathing deeply or walking outside to feel the fresh air. These quiet moments will help you find strength to face any hurt that might occur during the day.

#### 5. Share With Those Around You

Lac, when you're hurt, just sharing with someone is often enough to help you feel better. Practice sharing your feelings with close friends, family, or even mentors. This not only helps you feel less lonely but also helps you receive useful advice. The feeling of being heard and understood will help you overcome hurt more gently and smoothly.

#### 6. Create a Positive Space Around You

Lac, your living environment has a great influence on your mood and emotions. Lac, create for yourself a positive space where you feel comfortable and peaceful. Example, if your study room is always messy, clean it up and add some plants, because a clean and relaxing environment will help you better focus on any recent hurts and help you better observe and look deeply into the causes of those hurts.

#### 7. Create Self-Motivation

Lac, in life, not everyone around you can always encourage you. Therefore, you need to learn how to motivate yourself. Whenever you feel hurt, think about the bigger goals you want to achieve. Remind yourself that “each hurt today will be valuable lessons, helping me understand myself better and bringing me closer to my dreams.”

As for you, An, at your age, psychological and physiological hurts are inevitable. Puberty is a phase full of emotions and changes, which can make you feel very hurt in your self-esteem. However, it's during these times of hurt that you will learn a lot about yourself and life. Here are some methods to help you practice transforming hurt into love each day:

### 1. Accept Yourself with All Your Strengths and Weaknesses

An, during this phase, you might feel hurt about your appearance or academic performance. But An, you need to understand that everyone has their own characteristics, and these are what make you special. So don't compare yourself to others, because everyone has a different journey. Learn to love yourself and view yourself with compassion and forgiveness.

### 2. Learn to Face Loneliness

An, loneliness can be an uncomfortable feeling, easily bringing back past hurts. Instead of avoiding loneliness, try to face it. Sometimes, loneliness is an opportunity for you to reflect on yourself and understand more deeply what you truly want. When you feel prolonged loneliness

with hurts, instead of drowning in those emotions, try to find an activity you love, like drawing, reading, or writing in a journal to release those negative emotional energies from your consciousness.

### 3. Find Joy in Small Moments

An, instead of just focusing on big goals, learn to appreciate the small joys in life. It might be an afternoon playing with friends, a good meal with family, or just some relaxation time. These moments will help you feel happier and reduce the stress or small hurts that occurred during your day.

### 4. Build Healthy Relationships

An, your relationships with friends and family are very important. Make sure you always seek close friends who can share and support each other during times of hurt. If you face difficulties in friendships, try to have honest conversations to understand each other better. These relationships will be a solid foundation helping you overcome misunderstandings that cause unnecessary hurt.

### 5. Maintain Patience With Yourself

An, during puberty, there will be times when you feel tired and hurt because of psychological and physical changes. However, An, remember that change is a natural part of life. Be patient and forgive yourself whenever you feel unwell or hurt, because this is a process you need to go through to grow up.

## 6. Focus on Learning and Personal Development

An, learning is not just about doing homework or getting good grades but how you develop life skills. Seek learning opportunities every day, whether through books, conversations with adults, or extracurricular activities. The knowledge you gain will help you become more confident and stronger, thus helping you have enough courage to face any hurt you might experience.

Lac and An, life will always have challenges and hurts, and only when you both know how to transform hurt into love can you truly grow up.

I hope you both always remember that no matter how difficult life gets, you can find strength within yourselves, just by knowing how to love and accept yourselves.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER OF TURNING FEAR OF LONELINESS INTO INDEPENDENCE

Dear Lac and An,

Today, I want to share with you another important lesson that I've learned throughout my adult life, which is “the transformative power of turning fear of loneliness into independence.”

My dear children, this path isn't always easy, but I firmly believe that when you understand and apply this principle, your lives will become much more enriched and meaningful.

I think about this topic like clouds drifting across the sky. They appear and disappear, neither fixed nor bound, yet they're always present, providing shade and coolness amid the harsh midday sun.

You know, children, I often compare the fear of loneliness to dark clouds that make us feel heavy, uncertain, and afraid. But if we learn to accept them, these clouds will pass, leaving behind the clear blue sky of freedom and independence. That's when we truly understand that loneliness isn't something to run from, but rather a part of growing up, something that can transform into motivation for us to walk more steadily.

I want you to understand that independence isn't just about doing everything alone but about the ability to

accept and overcome loneliness, to master your emotions, and to live life on your own terms. Only then can you be truly free in life, unburdened by anxieties and insecurities.

Lac, I know that at your age, you're facing many challenges. You're on the path of finding your career, entering a world of important decisions about your future, and perhaps sometimes feeling lost in relationships, or even in your own thoughts. This is a natural part of growing up, but it can make you feel tired and sometimes lonely.

You've heard me talk about not fearing failure, but you might still feel anxious about potential future failures. Lac, I want you to remember that failure isn't the end. Failure is just part of the learning process, and true maturity doesn't come from brilliant successes but from the ability to stand up after falling. The independence I'm talking about is the ability to stay strong when things don't go as planned and to see each difficulty as an opportunity for learning and growth.

For example, if you feel you can't do well on a test or can't achieve the expected results in a school project, you might feel disappointed, and sadness might come, but don't let those emotions consume you for too long. You can choose to see these failures as lessons to help you improve and become more resilient. When you learn to take responsibility and pick yourself up from mistakes, you'll feel stronger than ever before.

Of course, you don't have to fight alone, and you can lean on others for help. But always remember that you are the one who determines your path. And remember, independence isn't isolation but rather knowing how to make your own decisions and live by your own values while not letting the judgments or expectations of others influence you.

As for you, An, I know that adolescence is a challenging period when you have to face many changes in your body, psychology, and self-perception. Negative emotions like feeling not good enough, different from your friends, or anxious about things you don't fully understand can sometimes make you feel lonely, as if you don't belong anywhere.

But An, the independence I want you to understand is self-confidence. Independence doesn't mean you have to solve everything by yourself, but rather learning to accept yourself, love yourself, and not needing to compare yourself to others. Feeling lonely during this phase is natural, and what's important is not letting that loneliness rob you of your confidence.

For example, if you feel you don't fit in with your classmates, you might think, "I'm an outsider," but try to look at it from a different perspective. Perhaps you're on your own journey of self-discovery, and not everyone needs to follow the same path as others. Trust in your values and passions, and know that you can create your own space without feeling afraid or insecure.

An, don't worry when you feel different from others. Remember, everyone has their own path, and these differences create strength. Your independence begins with loving yourself, recognizing that you are unique and valuable. When you can do this, you'll see that all feelings of loneliness become part of growing up, and from there, you'll feel much stronger.

Lac and An, I hope that through these shared thoughts, you'll understand the value of independence in life. It's not about isolation or separation from others, but about learning to stand firm, make your own decisions, and love yourselves even when facing difficulties or failures. Life will always have challenges, but what's important is that you always believe in your abilities and know that you can overcome everything.

You will never be alone, because I'm always here to accompany you, but the path to maturity and independence is a journey that you must walk yourselves. Keep faith in yourselves and never forget that loneliness is just a small part of the process of finding true freedom.

Dear Lac and An,

In life, when facing challenges and difficulties, each person will find their own methods to help them overcome hardships and grow. “The power to transform loneliness into independence” is not something easily achieved instantly. But if you both can practice these values daily, starting with small habits, the change will come to you naturally. In this section, I will share with



you some simple, practical methods to help you build positive habits in your daily life. These habits will help you create an independent space for yourselves while helping you overcome loneliness to find your inner strength.

### 1. Accepting and Facing Loneliness

Lac, the first step to transform the fear of loneliness into independence is accepting loneliness. Don't be afraid when you feel alone because loneliness is natural in life. Instead of avoiding that emotion, take time to understand yourself in moments of solitude. When you feel lonely, sit in silence, listen to your heartbeat, and find peace within yourself. This will help you see that loneliness isn't something to fear but an opportunity to befriend yourself and develop inner independence.

### 2. Setting Clear Personal Goals

Lac, one way to grow independence is to build a clear system of goals for yourself. You can start by writing down small goals, like completing a difficult assignment or improving a certain skill. When you achieve these goals, you'll feel independence through your accomplishments. Remember, goals don't need to be grand, just small steps that help you move closer to freedom in thought and action.

### 3. Finding Freedom in Learning and Work

Lac, do you know that independence also comes from being proactive in your studies and work? Instead of just following others' instructions, try to actively research and

learn. You can create personal projects or find ways to solve problems, rather than waiting for help from others. When you practice this initiative, you'll feel your own strength and independence in every action.

#### 4. Practicing Patience with Yourself

Lac, in the process of growing up, there will be times when you face failure or difficulties that you can't overcome immediately. However, don't let failure discourage you. Practice patience with yourself, and remember that every difficulty is a lesson. You can ask yourself questions like, "What did I learn from this?" or "What can I do differently to avoid making the same mistake?" When you learn to be patient and love yourself, you will gradually grow more mature and live independently.

#### 5. Exploring Personal Interests and Passions

Lac, one way to liberate yourself is to explore your own interests and passions. Take time to discover things you love, like drawing, reading, or playing sports. These activities not only help you relax but also help you experience freedom and independence through these interests. The time spent on yourself in activities you love is a way to find joy in solitude, transforming it into independence.

#### 6. Focusing on Building Genuine Relationships

Lac, although independence is important, you still need genuine and deep relationships. Remember, independence doesn't mean completely isolating yourself

from others. You can learn to build healthy relationships where both sides respect and support each other. These relationships will help you be more stable in your journey to find independence because you understand that independence doesn't mean living alone but having the ability to stand firm even when facing challenges and difficulties.

## 7. Living in the Present and Embracing Every Moment

Lac, a wonderful way to become independent is to live fully in the present. Don't worry about the past or future. When you live in the present moment, you won't get lost in anxiety or feelings of loneliness. Learn to enjoy the small things around you, like a gentle breeze or birdsong. When you feel life in each moment, you won't feel alone; instead, you'll feel truly alive and truly free.

### 1. Self-Confidence

As for you, An, at your age, there will be many times when you feel insecure, especially when comparing yourself to friends or those around you. However, remember that confidence comes from accepting and loving yourself. You can start by finding what you do best and focusing on developing those abilities. When you recognize your value, confidence will come naturally.

### 2. Building Reading Habits and Learning about the World Around You

One way to become independent is to always seek to learn and discover. Spend at least 30 minutes each day reading, not just about school subjects, but also about

areas that interest you. Reading doesn't just expand knowledge but also helps you form independent viewpoints, uninfluenced by surrounding opinions.

### 3. Sharing Emotions with Trustworthy People

An, independence doesn't mean keeping all your emotions and thoughts to yourself. If you feel sad or anxious about something, share it with Mom, Dad, or a trustworthy friend. Sharing emotions is a way to release tension and also helps you better understand yourself. When you learn to express emotions in a healthy way, you'll feel more free and relieved.

### 3. Learning to Solve Problems Independently

An, in life, there will be many situations that require you to make your own decisions. Learn to solve problems by yourself, whether they're related to studies or emotions. You can ask yourself, "What's best for me in this situation?" "Are my decisions within my reach?" "Why am I choosing this decision?" These questions and answers will help you make your own decisions, and when you make decisions, even if there are mistakes, you'll learn how to rise from these mistakes and grow more mature.

### 5. Finding Joy in Simple Things

An, sometimes, simple things bring great joy. You don't need to do big things to feel happy. Find joy in small activities like walking in the park, listening to your favorite music, or chatting with friends. These simple moments will help you feel more free and happy while

also helping you establish your own independent way of living.

## 6. Setting Personal Goals and Courageously Pursuing Them

An, starting now, you can begin setting small goals for yourself. Whether they're goals about studies or personal interests, always set clear goals and persistently pursue them. Each time you achieve a goal, you'll feel your growth and independence.

Lac and An, remember that no matter how difficult life becomes, independence and the ability to overcome fear of loneliness always lie within you. You can start with small daily habits, and gradually, these habits will help you grow stronger and more mature.

Trust in yourselves and what you can do, regardless of the world around you. I always believed you guys would find your own paths.

With all my love,

Dad.

# THE TRANSFORMATIVE POWER OF TURNING ATTACHMENT INTO LETTING GO

Dear Lac and An,

In everyone's life, we all face challenges and difficulties, moments that seem impossible to overcome. It is in these times that the profound values we have learned become our strength to persevere. One of the most important values I want to share with you both today is “the transformative power of turning attachment into letting go.”

My dear children, letting go doesn't mean giving up or avoiding but rather learning to release what we cannot control, allowing our minds to become freer and lighter.

Imagine your mind as a stream of water, sometimes blocked by large rocks in its path. When you hold too tightly to your fears, expectations, or suffering, it's like those rocks preventing the water from flowing freely. But if you learn to let go, to remove those rocks, the water can flow smoothly, passing through all obstacles, bringing peace to yourselves.

My dear children, this topic is not just about sharing a necessary life quality with you, but it's also about your inner strength. When you learn to let go, you'll unlock the hidden power within yourselves, helping you overcome all challenges. This will help you become stronger, more

mature, and happier individuals on your life journey.

Lac, you have entered an important phase in life—young adulthood. I know you're currently facing many pressures from studies, future concerns, and possibly self-doubt. At times like these, you might feel trapped by things you can't escape from, like the rocks in the stream I mentioned earlier.

In fact, on your journey to maturity, you'll always face unavoidable challenges. These might be difficult tests, important career decisions, or even feelings of inadequacy or lack of talent. But I hope you'll always remember that in all these difficulties, “letting go” is what helps you grow. Letting go doesn't mean giving up, but rather accepting failures and mistakes as learning opportunities and not letting them hold you back.

You can imagine that each time you face difficulty, you need only see it as a lesson, a step in your journey. What's important is learning to let go of anxiety and self-doubt. Don't cling to unchangeable past events; let them flow away like water so you can move forward.

For example, if you don't achieve the test results you hoped for, don't let those scores make you feel inadequate. Instead, think of it as an opportunity for self-improvement. Every failure contains opportunities to learn more about problem-solving and reaching optimal results. Lac, remember that maturity doesn't come from success, but from your ability to let go and keep moving forward even when results aren't perfect.

As for you, An, you're also in a phase where your psychology and emotions can easily become turbulent.

Adolescence is a challenging time, with both physical and mental changes. You might feel confused, lacking in confidence, or feel different from those around you. But these emotions sometimes make you feel lonely, like a stream that doesn't know where to flow.

I hope you understand that all these emotions are a natural part of growing up, my child. There's nothing wrong with feeling this way. But what's important is learning to let go of these negative emotions, the feelings of wanting to do everything alone without help. Remember that strength doesn't come from facing everything alone with rigid determination but from recognizing that you can learn from those around you and knowing when to let go of unnecessary pressure.

For instance, if you feel pressure from friends or others' expectations, don't let these pressures or expectations rob you of your confidence. You can let go of thoughts like "I must do what others want." An, seek your true self-worth and be brave enough to live authentically. When you don't cling to others' expectations, you'll feel more free and happy.

Moreover, you need to learn how to let go of negative emotions in difficult situations. For example, if you feel hurt by something, don't hold onto those feelings forever. Letting go of pain will help you feel lighter, and you can continue walking forward with more confidence.



Lac and An, I hope that through these shared thoughts, you'll understand the true power that “letting go” brings to you. Remember, letting go doesn't mean you're weak or failing. On the contrary, it's a powerful ability, a way for you to create space for growth, learning, and becoming better versions of yourselves. When you let go, you're no longer bound by fears, others' expectations, or your own self-doubt.

Life will always have difficulties and challenges, but it's in these times that I believe true growth and strength come from knowing how to let go of unnecessary things or things that no longer hold value. Believe in yourselves, and believe in your ability to overcome any challenge, no matter how difficult life becomes.

Dear Lac and An,

Now that you both understand the meaning of transforming attachment into letting go, the next important step is to practice these values in your daily lives. Every small action, every habit that you build, will gradually create significant changes in your way of life, helping you become mature, strong, and happy individuals. Below are some practical methods that I want to share with you both. I hope you can apply them to your lives, helping make each of your days more stable, gentle, and natural.

Lac, I know you are going through a challenging phase, facing pressures from studies and important decisions about your future. Here are some methods that can help

you practice “letting go” in your daily life.

### 1. Creating Space to Breathe and Be Still

Lac, when you feel stressed or under pressure, take time each day to be still. You can sit quietly for 5-10 minutes, focus on your breathing, or walk in a quiet space. This will help calm your mind, separate from worries, and help you see all issues more clearly. Example, each morning when you wake up, you can spend 5 minutes taking deep breaths and listening to your body's rhythm, letting this space help you enter the new day more gently and alertly.

### 2. Accepting Failure and Learning from It

Lac, practicing letting go means not clinging to failures for too long. When you encounter failure in studies or work, instead of blaming yourself, accept the failure as an opportunity to learn and improve. You can write down what you've learned from each failure. Example, after each exam that doesn't meet your expectations, instead of dwelling in disappointment, you can ask yourself, “What have I learned from this failure, and what perspective or study method can I change to improve my results next time?” This question will help you stop clinging to poor results and help you let go of negative emotions about that outcome.

### 3. Making Time to Nurture Relationships with Family and Friends

Lac, relationships with loved ones will be the foundation helping you overcome many life challenges. Practice

making it a habit to share your emotions and thoughts with those around you, especially with family. If you feel anxious about the future, don't hesitate to share with Mom, Dad, or close friends. This helps you let go of feelings of loneliness and anxiety, making your spirit lighter.

#### 4. Letting Go of Unrealistic Expectations

Lac, sometimes you easily cling to expectations that society or you yourself create. But Lac, remember that everyone has their own path to walk, and you don't need to pursue others' models of success. You can set your own goals and adjust them to fit your circumstances, instead of forcing yourself into a certain mold. Example, if you feel pressure to achieve high grades in all subjects, ask yourself, “What's truly important to me at this stage?” “When I achieve high grades, do I truly understand everything I'm learning, or am I just repeating knowledge to get good grades?” These questions and answers will help you know if you're attached and whether you need to let go or not.

#### 5. Practicing Gratitude Daily

Lac, gratitude will help you recognize more clearly the beautiful things in life and help you let go of feelings of lack and insufficiency. You can write down one thing you feel grateful for each day, even if it's something small like having a good meal or meeting an old friend. Example, today you could write, “I'm grateful because today I had time with family.”

## 6. Taking Care of Yourself and Your Body

Lac, letting go also means knowing how to care for and love yourself. When you feel stressed or tired, don't forget to listen to your body and take appropriate rest time. Practicing letting go is also about reducing tension in your body, helping you stay healthy to face all challenges. Example, when you feel overwhelmed with studies, allow yourself to rest a bit, perhaps reading, listening to music, or taking a walk. That's how you know to let go of busyness and live fully with yourself.

## 7. Being Flexible and Expanding Your Mind

Lac, life is always changing, and to let go, you need to be flexible in how you approach and solve problems. Sometimes, the way you view a problem can be different if you change your perspective. You can challenge yourself with new thoughts, instead of holding onto old ways of thinking. Example, when you encounter a difficult problem, instead of just focusing on finding an immediate solution, you should look at the issue from different angles to find more creative solutions.

As for An, adolescence is a phase full of changes, with strong emotions and changes in both physical and mental aspects. Below are the practical methods I want to share with you. I hope you can apply them to your daily life, helping your spirit become stronger and freer.

### 1. Focusing on the Present

An, in difficult moments, you should live in the present, instead of worrying too much about the future or

dwelling on the past. Whenever you feel anxious, pause for a moment and remind yourself, “I am living in this moment.” This will help you worry less and focus on what truly matters to you. Example, when feeling stressed about a test, you can stop, take a few deep breaths, and think, “I’m doing the best I can.”

## 2. Accepting Changes in Body and Emotions

An, during puberty, your body and mind will change very quickly. Instead of clinging to uncomfortable feelings or anxiety about these changes, learn to accept these emotions as a natural part of development. Knowing how to accept and love yourself during all stages will help you more easily overcome these insecure feelings. Example, if you feel confused about your appearance, remember that everyone goes through changes, and it's part of the growing-up process.

## 3. Not Comparing Yourself to Others

An, comparing yourself to others will only make you feel less confident. Remember that everyone has their own path, and everyone has their own strengths and weaknesses. Instead of comparing yourself to others, focus on what makes you proud of yourself and what you've learned. Example, if you feel your friends have better academic achievements, remind yourself that “everyone learns at different speeds, and I can gradually improve through new learning methods.” This self-reminder helps you stop clinging to comparative feelings and helps you let go of those emotions while guiding you

to a different perspective. A perspective on finding more effective learning approaches.

#### 4. Learning to Forgive Yourself

An, sometimes you might make mistakes or do something that makes you feel guilty. Don't cling to that feeling of guilt. Learn to forgive yourself, because mistakes are part of learning. What's important is that you learn lessons from those mistakes and don't let them hold you back. Example, if you lose something important belonging to someone else, instead of feeling guilty forever, acknowledge the mistake, apologize, and learn from it.

#### 5. Practicing Gratitude

An, gratitude will help you recognize more clearly the beautiful things in life and help you let go of feelings of lack or insufficiency. Take time each day to think about things you feel grateful for, even if they're small things. Example, after each school day, you can write a line of thanks about good things from the day, like learning something new or having an enjoyable time with family.

#### 6. Making Time for Yourself

An, sometimes you need time to relax and do things you love, like reading, drawing, or listening to music. Don't forget to take care of yourself and give yourself space to recharge. This helps you let go of stress and find balance in life. Example, you can spend an afternoon drawing or listening to favorite music without worrying about other tasks.

Lac and An, practicing these methods of letting go in your daily lives is not an easy process, but it is a meaningful and valuable journey. The positive habits you build today will become a solid foundation for the development of your spirit and intellect in the future.

Through each small action, from accepting failure to practicing gratitude and sharing emotions, you will gradually form a strong and peaceful attitude toward all challenges.

Remember that letting go doesn't mean giving up but rather the ability to gently release what's no longer useful, helping you create space for better things.

I hope that through daily practice, you guys will notice changes in your spirit, becoming mature, confident, and full of compassion. With persistence, you will feel the power of letting go in every step of your lives.

With all my love,

Dad.

# THE POWER OF TRANSFORMING HATRED INTO LOVE

Dear Lac and An,

Today, I want to share with you a topic that not only holds great value but also possesses an invisible power that can completely transform your perspective and way of life. That is “the power of transforming hatred into love.”

This can be said to be a value that I have learned through my years of living and working, and I believe that with each step you take, what I share will become a guiding light, helping you overcome the challenges that life sometimes brings.

My dear children, you might think that when you are hurt or feel injustice, the emergence of hatred in your heart is natural because it's an emotion that anyone can easily fall into. But I hope you understand that hatred is like a heavy stone—when you carry hatred in your heart, it means you are hurting yourselves.

Meanwhile, love is like light, gentle and warm, capable of dispelling the darkness of hatred, helping you find peace again. This image is like a pure stream of water washing away everything that hinders the freshness of life. Love not only helps heal others but is also for yourselves. Love is an essential element in your journey, and love can help you continue on your path to maturity in a gentler and more peaceful way.



Lac, I know at twenty, you're standing amid important life decisions. Pressure from studies, career direction, and sometimes self-doubt can all make you feel tired, and sometimes you wonder, “if you're heading in the right direction or not?”. These feelings are natural for anyone your age to experience.

But there's one thing I hope you always remember clearly: hatred—whether towards yourself or your circumstances—only makes you more stressed and tired. You might feel like a failure; you might feel not good enough, but instead of letting these negative emotions control you, you should accept these feelings as part of the growing process.

Lac, in life, hatred can come from many sources. Sometimes it's from unrealistic expectations you set for yourself or failures you can't accept. But I want you to understand that failure isn't bad—it's just part of life.

It's from failure that you learn valuable lessons. What's important is how you face these failures. Instead of nurturing self-blame or self-hatred, find ways to love and accept yourself, which will help you see opportunities in every failure.

Lac, let love replace hatred, not only towards others but also towards yourself. Remember, when you've tried your best, and what's important is that you never give up, then self-blame or self-hatred are just meaningless emotions. Observe and look deeply into those feelings, and when you realize that each passing day, you've learned something new, whether small or large. That is

growth. If any hatred arises within you, let love be the guiding light helping you overcome that hatred.

As for you, An, I understand that in adolescence, you're facing many psychological and physical changes. Negative emotions like feeling not good enough, peer pressure, or even feelings of alienation and loneliness can sometimes feel overwhelming. These emotions are unavoidable during the growing-up phase. However, I hope you understand that in life, we will always encounter these negative emotions, but what's important is how we learn to face them.

So if you feel angry and hateful towards yourself or those around you because of unfair things you've experienced, you should reconsider. Because when you harbor such hatred in your heart, you only make yourself more tired and cause relationships between you and those around you to gradually become cold.

Instead, you should change your perspective. Look at the good things happening around you, things you can still learn from others. Everyone has their own problems, and we can't know their whole story. Only when you forgive others can you truly free yourself from psychological burdens.

An, look at the situations you encounter as opportunities to learn how to love and empathize, not only with others but also with yourself. We cannot change the past, but we can change how we face problems. Love is the source of strength that helps you overcome hatred and find peace in your soul.

Lac and An, life isn't always as easy as we plan. There will be times when you feel disappointed, tired, and possibly overwhelmed with feelings of hatred. But remember that in every problem, letting go of hatred and replacing it with love is the great power that helps you grow and become stronger. When you know how to love yourselves and those around you, you will feel peace in your souls, and from there, all hatred will become lighter and easier to dissolve.

Remember that love is not just a feeling but an inner strength that helps you overcome all difficulties in life. No matter how difficult life becomes, you can overcome it if you choose love over hatred. I always believe that with love in your hearts, you will always find the right and best path in life.

Dear Lac and An,

I know that transforming hatred into love requires not only clear awareness from both of you but is also a long journey that demands patience and regular practice. What's important is that you can develop good habits, which will help you live a life with more peace and lasting happiness.

These habits aren't always easy to apply, but when you begin practicing them daily, they will become a natural part of your lives. Therefore, I want to share with you some simple, practical methods that you can apply right away in your daily lives. Through these methods, I hope you will find strength and peace from within yourselves.

## 1. Self-Reflection

Lac, the first step in the journey of transformation is learning to recognize and accept yourself. When you face difficulties, challenges, or even mistakes that cause hatred, take time to look back and realize that all of these are part of life and part of your growth journey. Don't rush to judge or blame yourself. Example, if you don't achieve the grades you wanted in a project, instead of getting angry, blaming yourself, or harboring hatred towards others, think about why you didn't do well and find ways to improve for next time. This is self-love and self-acceptance, which helps you let go of hatred and move towards love.

## 2. Practice Forgiveness

Lac, forgiveness is a crucial part of the process of transforming hatred into love. Forgiveness isn't just for others, but also for yourself. When you feel angry with someone, try sitting down and thinking about why they acted that way. Perhaps they're facing their own difficulties, and their actions weren't intended to hurt you. Forgiveness will help free you from negative emotions like anger and hatred. Example, if someone makes you sad, instead of letting anger dwell in your heart, you could write them a letter (even if you don't send it) to release your feelings and forgive them. This action is choosing love over hatred.

## 3. Finding Beauty in Misunderstandings

Lac, in every misunderstanding there's a valuable lesson if you know how to look for the beauty in it. If you

encounter major misunderstandings, instead of only seeing pain and hatred, look at what you've learned from that misunderstanding and hatred. Example, if you have problems in group work, instead of getting angry and harboring hatred towards others, you can learn to improve your communication and cooperation skills. Looking at these lessons, you'll feel lighter, and love will replace hatred, my child.

#### 4. Sharing and Helping Others

Lac, when you help others, you're also practicing love. Helping others isn't just a good deed but also a way for you to feel that you can do something positive in life. Look for opportunities to help friends, family, or even strangers. Example, if you see a classmate struggling with their studies, take the initiative to help them. This not only helps create a loving environment but also helps your mind become lighter and more peaceful. So when you have feelings of hatred, you can also invite the energy of love in, because it has become your habit.

#### 5. Stop Judging Others

Lac, sometimes hatred stems from our tendency to judge others too much. You should stop looking at others through a critical lens and instead practice empathy. Everyone has their own story, and no one is perfect, my child. So if you feel uncomfortable with someone, instead of criticizing them, try to look at them with understanding and see if there's anything in their actions you can learn from. When you stop judging, your heart

will feel lighter, and love will be present instead of hatred.

## 6. Create Space for Silence

Lac, silence is one of the important elements that helps you reconnect with yourself. Sometimes, when you feel life is too noisy and pressured, take time for yourself to meditate or simply sit quietly and breathe deeply. Only when you have quiet space can you find peace in your heart, and from there easily feel love. Example, after a long, tiring day, you can sit alone in your room, listen to soft music, and relax to balance your soul.

## 7. Living with Gratitude

Lac, one of the most powerful ways to transform hatred into love, is living with gratitude. Look at the good things around you and be thankful for what you have. Example, each morning when you wake up, you can think about things you're grateful for, like having family, health, and opportunities to study... Gratitude helps you view life more positively and makes it easier to welcome love into your life, and when love is present, hatred has little chance to arise.

## 1. Self-Love

As for you, An, during your teenage years, there will be times when you feel insecure about yourself, which can lead to hatred when others touch your self-esteem. An, always remember that you are unique, and you have your own inherent value. Don't compare yourself too much with others. Learn to love yourself; accept your flaws and

mistakes. Each day, you can tell yourself positive affirmations like, “I am worthy of love and deserving of happiness.” This will help you overcome feelings of insecurity, preventing them from leading to hatred.

## 2. Forgiving Others

An, sometimes in life, others will make you feel hurt. But remember that forgiveness isn't just for others, but also for yourself. When you forgive others, you'll feel lighter and free from psychological burden. Example, if your close friend breaks a promise, you might feel sad. However, instead of getting angry, you can look at the issue more openly and forgive them, allowing yourself to feel more free and peaceful. From the perspective of love, you'll learn to develop empathy instead of developing hatred.

## 3. Don't Let Negativity Control You

An, in life, there will be times when you feel uncomfortable or angry about things that don't go your way. However, instead of letting negativity control you, focus on positive things. Example, when you face a difficult situation at school, instead of drowning in anger or hatred, you can find more positive ways to solve it. When you always look towards goodness through the lens of love, your life will gradually become lighter and happier.

## 4. Finding Joy in Small Things

An, joy doesn't always come from big things, but sometimes from small moments in life. Find joy in

simple things like reading a good book, playing sports, or simply sitting and chatting with family. When you learn to appreciate small things, you'll easily feel love and peace in life. These are the shields that will help you overcome feelings of hatred easily when you encounter them.

## 5. Helping Others

An, helping others isn't just a good deed but also helps you practice love. When you help friends, family, or those around you, you'll feel joy and serenity. Example, if you see a classmate struggling, you can take the initiative to help them. When you do this, you're not just helping others but also making your heart feel warm and peaceful. Remember, when you have lasting peace, hatred can hardly exist.

## 6. Making Time for Yourself

An, sometimes, in this busy life, you also need to make time for yourself. Don't get too caught up in studies or relationships that you forget to take care of yourself. You can take time to relax, meditate, or simply do what you love. When you know how to take care of yourself, you'll feel more comfortable and ready to share love with others, helping you avoid misunderstandings that lead to hatred.

Lac and An, the practical methods that I have shared with you guys aren't new, but they are essential in daily life to help you develop a peaceful soul full of love.



Lac and An, you will face many challenges and difficulties in your journey of growing up, but always remember that each step, each good action you take, is part of the transformation in your souls.

Practicing these habits daily not only helps you change how you view yourselves and others but also helps you develop a strong spirit, ready to receive love and let go of hatred.

Life never lacks challenges, difficulties, and hatred, but if you learn to face these challenges or hatred with love and tolerance, you will find lasting peace and happiness.

Be patient and practice every day, because only through persistence and determination can you build a beautiful life, full of love and peace.

With all my love,

Dad.

# THE POWER OF TRANSFORMING CONFLICT INTO PEACE

Dear Lac and An,

I want to share with you a topic that I believe will help you greatly in life: “the power of transforming conflict into peace.” This is a profound subject because in life, we cannot avoid times when we face contradictions, tension, or even conflicts.

What's important is how to transform these negative, conflicting emotions into peace and harmony, rather than letting them create suffering, anger, or loneliness.

To help you visualize this more easily, I want to compare this topic to water. Water can flow gently, but sometimes it can become turbulent and stormy. However, no matter how forcefully water flows, it will eventually find its way to settle down and return to a peaceful, clear state. Similarly, we can learn to face conflicts, transform them, and find peace in our hearts. When you can do this, you will feel the latent strength within yourselves, and you will have the ability to overcome any challenge in your lives.

I believe this is not just a beautiful quality to cultivate, but an inner strength that helps you overcome all difficulties, master your emotions, and face this ever-changing life with calmness and gentleness. And I hope you will recognize this wonderful value to nurture in your hearts.

Lac, I know that at twenty, you're facing many challenges. College years aren't always smooth and easy. You're under pressure in your studies, sometimes feeling exhausted from stressful exams, and facing major decisions about your future career. And perhaps there are times when you doubt yourself, wondering, “Am I heading in the right direction or not?” or “Do I have the ability to overcome the challenges ahead or not?”

I want to tell you that conflict, difficulties, and challenges are an essential part of the journey to maturity. Feelings of disappointment, anxiety, or not being good enough will sometimes make you feel tense and confused. But don't worry, because you're not alone. Remember that everyone, at your age, goes through these phases. The key to helping you overcome these difficulties is the ability to transform conflict into peace, meaning you don't have to run away or deny your emotions but learn to face them.

Lac, try to look at these difficulties and conflicts as challenges that help you grow. For instance, when facing a difficult exam or a big project, instead of feeling anxious and pressured, you can try to approach the problem more calmly. For example, take time to organize your work, break down the steps, and focus on one part at a time. This will help reduce your stress and help you realize that all problems can be solved if you maintain calmness and patience.

I want to emphasize that growing up isn't just about achieving goals but also about learning to accept failure and mistakes. You won't know everything from the start,

and sometimes, failures are valuable lessons that help you develop. When you face difficulties and conflicts, instead of letting conflict bring you down, use these difficulties and conflicts as opportunities to learn and grow. Each failure is a step that brings you closer to your true maturity.

Lac, I hope you will learn to find peace in times of conflict, when you realize that conflict isn't the enemy but an opportunity to demonstrate your resilience, tolerance, and ability to transform every challenge into an opportunity for growth.

As for you, An, I know that at fifteen, you're going through a very special phase in life—puberty. It's a time when your body and psychology change rapidly, and sometimes these changes can make you feel difficult and full of conflict. You might feel pressure from friends, from others' expectations, and perhaps feelings of inadequacy when looking at those around you. These feelings sometimes make you feel lonely and lost, and it's very hard for you to face yourself.

I want to remind you that these emotions are completely normal. Everyone at your age goes through this phase. So start learning to understand yourself and your values, and this isn't always easy. Remember, it's during these difficult and conflicting times that you have the opportunity to learn how to transform internal conflict into peace.

An, when you feel pressure from friends, or you lack confidence in yourself, instead of letting those emotions

make you feel tired and conflicted, try to pause and look at these emotions objectively. Remember that feelings of not being beautiful or not being smart don't define your worth. You have a warm heart, a pure soul, and those are the most important things. When you learn to love yourself, the conflicting emotions within you will gradually disappear.

An, I hope you'll understand that these emotions are temporary, and they don't define who you are. You can transform the insecurity in your heart into peace just by being patient and learning to listen to your heart. When you feel internal conflict, you should sit alone, breathe deeply, and find quietness within yourself. You'll realize that peace is always present within you; you just need to know how to search for it and accept yourself.

Lac and An, I hope you remember that life isn't always easy and smooth. There will be times when you face conflicts and difficulties and feel confused, but these challenges will be opportunities to help you grow. Most importantly, when facing these conflicts, don't forget to seek peace in your hearts.

I hope you both always remember that each time you overcome a difficulty, you become stronger, more resilient, and understand yourselves better. Keep faith in yourselves and remember that peace can always be found, even in the most difficult moments.

Dear Lac and An,

In our previous sharing, I shared with you about the

power of transforming conflict into peace. In this part, I want to share with you practical methods for daily life. I hope that with these practical methods, you will be able to nurture and become familiar with this value.

You will see that nothing is too difficult if you truly want to change, and these small daily habits will help you gradually develop a peaceful mind, ready to face challenges. These methods are not theoretical formulas but rather what I have learned from life and hope will help you both.

### 1. Practice Accepting Conflict and Learning From It

Lac, as you enter adulthood, you will face many challenges and conflicts. Sometimes, conflict comes as an inevitable thing. But from these very conflicts, you will realize that they are not the end but the beginning of valuable lessons. Through this, challenge yourself in areas where you haven't done well. Each time there is conflict, instead of feeling discouraged, ask yourself: "What have I learned from these conflicts?" "Why is there conflict?" "How can I resolve conflict to bring peace?" These questions and answers will help you observe and look deeper into the conflict and find the best solution for it.

### 2. View Conflict as an Opportunity for Growth

Lac, you will inevitably encounter conflicts in your studies and work. Instead of seeing them only as negative things, you should change your perspective. Consider each conflict as an opportunity for learning and growth.

Example, when facing a difficult subject, instead of feeling discouraged, you can think, “This is an opportunity for me to practice persistence and creativity.” Practicing this perspective will help you maintain peace of mind, not be disturbed by external issues, and not create internal conflict.

### 3. Practice Daily Stillness

Lac, one of the most effective ways to find peace of mind is to spend a few minutes each day in stillness. You can start with 5-10 minutes in the morning or evening, just sitting quietly, breathing deeply, and letting your mind settle. These moments will help you reconnect with yourself, soothe inner tensions, and experience peace from within. Example, when you feel stressed about homework or work, take a moment to pause, breathe deeply, and allow your mind to relax. This helps maintain your peace so that tensions will gradually subside.

### 4. Seek Empathy and Compassion

Lac, in relationships, there are sometimes conflicts or contradictions that create discord. Lac, remember that in such situations, understanding and empathizing with others will help you transform discord and conflict into peace. Example, when you and your friends have different viewpoints, instead of firmly holding onto your position, try to listen to their perspective, share your feelings, and try to find common ground. This will help you not only resolve conflict but also make relationships more lasting.

## 5. Practice Daily Gratitude

Lac, you can start each day with a simple habit of writing down three things you feel grateful for. These can be very small things, like a good meal, a good friend, or a lesson you've learned. Practicing gratitude will help you realize that life isn't always full of difficulties but also has many beautiful and precious things. When you are grateful, your heart will be lighter, and you'll more easily find peace in life. Practicing daily gratitude will help you avoid conflicts when you learn to see everything through grateful eyes.

## 6. Maintain Faith in Yourself

Lac, in your journey of growth, you may feel lost or doubt yourself. But remember that you are the only one who can create your future. Whenever you feel inferior or anxious, look at the achievements you've made, no matter how small. These are proof of your effort and inner strength. Always believe in your abilities and never give up, no matter how difficult things may be. When you view things from this perspective, you will reduce feelings of doubt, and from there, you will soon find peace.

## 7. Practice Self-Love

Lac, to be able to love others, you also need to know how to love yourself first. This doesn't mean being selfish, but rather knowing how to care for your mental and physical health. Take time to do things you love, like reading, sports, or simply relaxing with personal hobbies. When



you know how to love yourself, you will find it easier to face challenges and conflicts, and you'll know how to treat others well.

### 1. Practice Patience with Yourself

And An, during adolescence, you will face many emotional and physical changes. At such times, you may feel uncomfortable or confused. But remember that everything takes time to adjust. Be patient with yourself, and don't create conflict by expecting everything to be perfect immediately. Just try your best each day, and there will come a time when you look back and realize how much you've grown. Example, when you feel insecure about not getting high grades, remember that this is just a small step in a long journey. Everything will be okay eventually.

### 2. Accept Change and Find Joy in It

An, sometimes you will feel uncomfortable with conflicting changes in life, from physical to emotional. But remember that changes are an essential part of growing up. Instead of being anxious or feeling unsettled, try to find ways to enjoy these changes. Example, when you change your study methods or try a new subject, think of that change or conflict as an opportunity to discover your new capabilities. The way you embrace change, although it may create conflict, still helps you find peace within yourself.

### 3. Practice Gratitude

Like your brother Lac, An, you can also start each day with a habit of recording things you feel grateful for. These can be very small things, like support from friends, love from family, or simply a beautiful day. When you are grateful, your heart will be lighter, and you will feel more peaceful in life. From there, you won't create additional conflicts in other areas.

#### 4. Seek Empathy with Others

An, sometimes you may encounter conflicts or disagreements with friends or family. When that happens, instead of arguing or getting upset, try to put yourself in others' positions. The feeling of empathy will help you understand them better and find ways to solve problems gently and effectively. Example, when you have an argument with classmates, try listening to their perspective before giving your opinion. This way you will avoid creating more conflict.

#### 5. Practice Stillness to Listen to Yourself

An, when you feel emotionally confused or stressed, try spending time sitting quietly and listening to your own emotions. Sometimes, those mixed emotions become clearer when you don't try to avoid them. Allow yourself to feel and understand your emotions, and from there you will find ways to face and overcome them.

#### 6. Maintain Faith in Yourself

An, in times when you feel lonely or confused, don't forget that you are the only one who can create happiness for yourself. Trust in your own abilities, and don't let

negative words from others make you doubt yourself. When you believe in yourself, you will always find ways to overcome life's difficulties, and you will find lasting peace and happiness for yourself.

Lac and An, in each step of life, you will realize that practicing these simple but profound methods will help you build a peaceful mind, a strong inner strength to face life's challenges.

Each day, you will see that the small habits you practice will become solid foundations helping you stay steady on your path to maturity.

Remember that any big change starts with small steps, and most importantly, always maintain patience, self-love, and gratitude in every moment.

No matter what life brings, you always have the ability to find peace from within yourselves. I hope you always maintain faith and keep moving forward with an open heart and a peaceful mind. I will always be by your side on these journeys.

With all my love,

Dad.

# THE POWER OF TRANSFORMING SUFFERING INTO WISDOM

Dear Lac and An,

I want to share with you something important in life that I've learned from my years of hardship, suffering, and failures. That is, “the power of transforming suffering into wisdom.”

You might wonder how one can transform suffering into wisdom; how can we turn sadness and disappointment into something more valuable? But it was through these challenges, in moments of pain, that I learned the precious lesson that each difficulty is an opportunity to better understand ourselves and the world around us.

There's a story I really like. When a seed is planted in the soil, it must endure darkness, moisture, and struggle within the earth before it can grow into a tall, green tree. The pain in those first steps isn't a sign of weakness but a sign of growth.

This is the necessary process for the seed to reach the light, for the plant to emerge from the earth. I want you both to understand that suffering is an essential part of the journey to maturity. And only when we dare to face suffering, dare to embrace it, can we transform that suffering into wisdom.

Lac, you are a young person in the phase of seeking self-identity and future direction. These years aren't always

easy, especially with the pressures from studies, future careers, and persistent self-doubt. You might feel confused and lost when you realize you're no longer the child you once were but now must shoulder greater responsibilities. These pressures sometimes make you feel small and weak. But I want you to know that in such moments, suffering becomes our greatest teacher.

Lac, facing challenges and suffering in your life is natural and inevitable. You'll encounter moments when you think you can't go on or when you feel overwhelmed by failure. But remember, no failure is permanent, and only those who know how to rise after each fall truly grow. I don't want you to avoid or run from suffering, but rather learn to face it and learn from it. Observe and look deeply into these sufferings as opportunities to build character and discover the hidden strength within you.

Lac, you know that in this world, nobody is perfect, and suffering through difficulties isn't the end. It's just part of your long journey. Remember that with each instance of suffering, you'll discover a valuable lesson. In fact, there are some lessons you can't learn without going through challenges. Through these trials, you'll gradually realize that suffering is an essential part of the growth process. And that's when you can look deep within, recognize your weaknesses, and find ways to overcome them.

Always be patient, and never feel inferior about things you haven't achieved yet. Every step you take, whether small or large, is progress. Let the suffering through challenges become your foundation, helping you become stronger in life.

As for you, An, you're in adolescence, a phase full of challenges and changes. The emotional instability, bodily changes, and shifts in how you view the world around you can make you feel lost, even lonely. You might feel not good enough or not fitting the standards set by society or friends. In such times, you might feel truly hurt and not know how to overcome it.

I understand that feeling, An. But I want you to know that no matter what challenges cause suffering, you can transform those painful emotions into wisdom. It's in such difficult times that you'll have many opportunities to better understand yourself, the true values in life, and the most important things you should pursue. Suffering isn't something evil that you need to run from or avoid. On the contrary, suffering is an essential ingredient, a part of growth, helping you recognize your limitations and find ways to overcome them.

An, you might not fully understand everything happening in your life, but I hope you remember that every emotion, whether happy or sad, has its own meaning. Painful emotions will teach you patience and help you learn to accept and love yourself. When you learn to transform these negative emotions, you'll realize that nothing in life can defeat you, and every challenge, though painful, is an opportunity for growth.

An, don't be afraid to face loneliness or suffering. It's just part of your journey of development and growth. Let these emotions help you better understand yourself, what you want in life, and through this, you'll develop wisdom and inner strength.

Lac and An, I hope you both remember that no matter what life brings, although suffering is an inevitable part of your growth journey, you can learn to face, accept, and learn from that suffering. Through observation and deep reflection, you'll see that suffering provides opportunities to unlock wisdom and develop personally. I always believe that you both have enough strength to overcome any suffering, and you have the ability to transform suffering into valuable lessons.

Keep faith in yourselves, no matter how difficult life becomes. I always believe in the growth and wisdom you'll find on your journey. And always remember that even when you feel tired, don't give up, because within you both, love, patience, and wisdom will always be the source of strength helping you overcome all suffering in your journey.

Dear Lac and An,

In the previous section, I shared with you both about the value of “transforming suffering into wisdom,” and this is an important journey that you both will have to go through in life. Every path to maturity has its own challenges and suffering, but from these challenges and suffering, you will learn invaluable lessons.

However, to truly transform challenges and suffering into opportunities for growth, you both need specific practical methods in your daily lives. I hope that with these methods, you can begin to apply and cultivate habits that will help you grow more mature each day.

Lac, you are at the age of maturity, and you are in a challenging but very important phase of your life. When facing difficulties in studies or career direction, you may feel confused and perplexed, creating long-lasting suffering. If you don't have wisdom, if you don't recognize suffering as opportunities for learning but instead let suffering hold back your steps, then your life will be forever immersed in affliction. Therefore, here are some practical methods that I want to share with you, hoping that you will be able to apply them to your life to develop your wisdom.

### 1. See Difficulties and Suffering as Opportunities to Learn

Lac, when you encounter difficulties that cause suffering, instead of trying to avoid them or blame others, pause for a moment and ask yourself, “What can I learn from this suffering?” “What is the root cause of this suffering?” “Why is this suffering present and not other kinds of suffering?” These questions and answers will help expand your mind and wisdom rather than just focusing on sadness or discomfort.

### 2. Practice Acceptance

Lac, to transform suffering into wisdom, you must learn to accept things that cannot be changed. Whenever you encounter something that doesn't go your way, you should acknowledge and accept that situation instead of resisting it. Example, when you're rejected for a scholarship opportunity, instead of getting angry or sad, you can tell yourself, “This wasn't my opportunity, and I



can look for other opportunities that might be better.”

### 3. Finding Peace in Solitude

Lac, solitude can make you feel insecure, but it can also be an opportunity to connect more deeply with yourself. When you feel lonely, instead of avoiding it or seeking distractions, take time to sit quietly, observe, and look deeply into your solitude. This will help you develop wisdom, confidence, and the ability to face any challenge or suffering.

### 4. Set Clear Goals

Lac, when you face difficulties in studies or work, one way to develop your wisdom is to set clear goals. Goals are not just what you want to achieve but also the ability to help you thoroughly resolve difficulties and emotional suffering. This is how you are practicing developing your wisdom. Do you know that to thoroughly resolve suffering, you need to know how to break down suffering into different thoughts? Usually, suffering is a cluster of thoughts or an entire story. And within that cluster or entire story, each thought has a different solution. Therefore, you must have clear purposes and know how to use your wisdom to separate each thought.

### 5. Face Your Fears

Lac, one of the most difficult things in life is facing your fears. But when you have enough wisdom, and you dare to ask yourself why, fear will have no chance to exist. You can apply the four-step method, including: 1- identifying suffering; 2- the cause of suffering; 3-

methods to resolve suffering; and 4- time to resolve suffering. This four-step method will help you develop your wisdom through the presence of suffering.

As for you, An, in adolescence, you are going through many changes, both physically and emotionally. Sometimes, you might feel unstable, anxious about the changes in yourself, and about relationships with friends. But remember, you are not alone in these feelings.

An, remember that each of us must face suffering, and sometimes, those very difficulties that cause suffering are opportunities for you to grow stronger. Here are some practical methods that I think can help you get through this phase more peacefully.

### 1. See Change as Natural

An, when you feel your body and mind changing, instead of feeling confused and distressed, you should recognize and accept these changes as an essential part of life. You should keep a diary to record your thoughts and feelings each day. This will help you understand yourself better and feel more peaceful. Remember that these small actions, like keeping a diary, are ways to help you develop your wisdom. Because when you write down your painful emotions, you have the opportunity to understand your pain in the most authentic way.

### 2. Build Self-Confidence

An, sometimes you might feel not good enough compared to your friends and sink into the suffering of low self-esteem. But An, I hope you remember that

everyone has their own strengths and values. Instead of comparing yourself to others, which causes you suffering, focus on your own strengths and find ways to develop them in the best way possible. Through this application, you are transforming your suffering into wisdom through understanding that brings you peace.

### 3. Practice Patience

An, when you feel angry or anxious, one way to soothe your suffering is to practice patience. Take deep breaths, count from one to ten, and let all your painful emotions have a chance to settle down. This will help you maintain calmness in tense situations while also giving you the opportunity to develop your wisdom through observation and deep looking.

### 4. Share Emotions with Family

An, when you feel sad or anxious, don't keep those feelings to yourself. Share them with family members, like your parents, brother Lac... This sharing not only helps you release the impact of emotions but also helps you learn more ways of solving problems from others.

Lac and An, through these practical methods on this topic, I hope you both will be able to apply them to your daily lives to develop and mature more.

Each method not only helps you face suffering but also creates positive habits to enhance self-awareness, self-regulation, and peace of mind.

Although each path to maturity will have its own difficulties and suffering, through persistent practice and

continuous learning, you both will find solutions for yourselves.

Always remember that every change, whether small or large, is an important part of the process of learning and personal development.

I always believe that with your effort and perseverance, you both will overcome all challenges and achieve the success you desire. I am always by your side, accompanying and sharing every joy and sorrow in your journey of growth.

With all my love,

Dad.

# THE FINAL MESSAGE

Dear Lac and An,

As I write these final words, I look back on the meaningful journey we have shared through these pages. From the fundamental and profound values of relentless perseverance and daily self-discipline to precious lessons about humility in success and honesty in all circumstances. From persistently building solid confidence to continuously expanding our mindset and steadfastly seeking a clear purpose in life for ourselves.

But the most important thing I've always wanted you both to understand through each page of this book is the miraculous power of inner transformation. Why? Because life doesn't always generously give us what we crave and desire, but it silently brings us precious opportunities for growth and development.

We have grown from moments of solitude to meaningful connections, from anger to open-mindedness, from deep resentment to overwhelming gratitude—this is the noble art of living that each of us must discover and experience for ourselves.

My beloved children, each chapter is not merely pages of paper but a profound and meaningful journey of transformation: from moments of utter disappointment into powerful motivation to rise up, from painful failures into opportunities for learning and growth, from petty jealousy into deep understanding. From nagging fears to steady confidence, from bursts of anger to profound

calmness, from seemingly endless sorrows to pure joy and peace.

These are not merely abstract concepts but real, vivid, and meaningful experiences that each of us must walk through and feel for ourselves.

I always hope and believe that through each page of this book, you will gradually learn to transform difficult challenges into precious opportunities for growth, deep wounds into invaluable inner strength, and painful losses into meaningful life lessons.

My dear children, each page of this book contains not only my perspectives and sharing but also the boundless love I have for you both.

I believe that with patience, courage, and kindness, you will walk steadily on the path you have chosen, and you will find true happiness and peace in your lives.

I also hope that these pages will be your reliable companion, a source of spiritual strength in difficult times, and a guiding light when you feel lost.

Remember, no matter where life takes you guys, my love will always be with you both, as a solid foundation and an endless source of encouragement.

With all my love,

Dad.