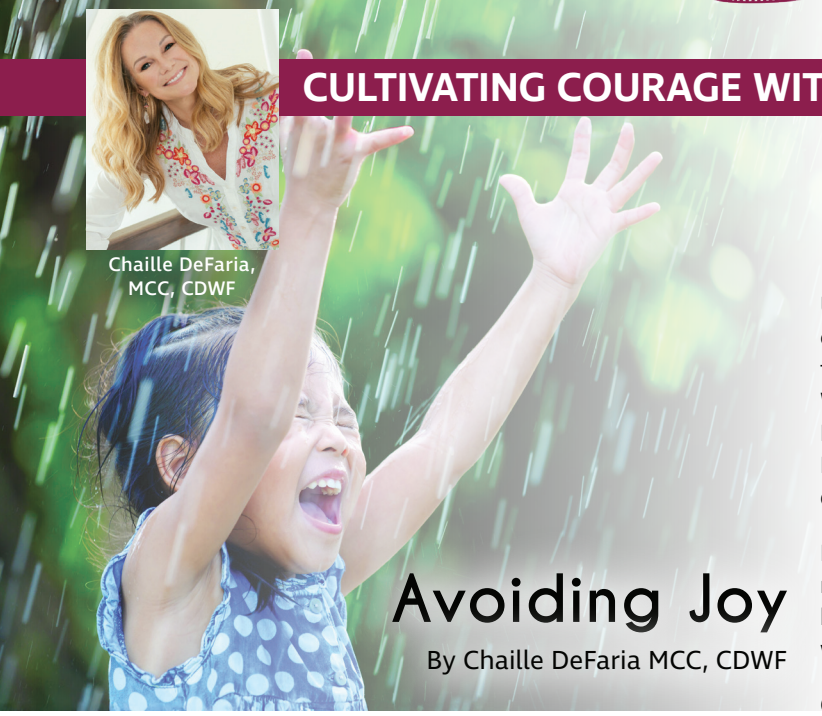
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CULTIVATING COURAGE WITH CHAILLE



Chaille DeFaria, MCC, CDWF

Avoiding Joy

By Chaille DeFaria MCC, CDWF

"We are all just walking each other home."
– Rumi,13th-century Persian poet.

Can you think of moments when you feel so much love or excitement that you are scared to hold onto it? That the emotion is so strong that it feels too good to be true? The next thing you know you are pushing it away?

Unfortunately, this is not an uncommon reaction to the feeling we call "joy." Many of us have a habit of catastrophizing. We imagine the worst-case scenario when something good is about to happen. Why don't we allow ourselves to go with the "feel good emotions"? Instead, we jump ship when we realize the feeling won't last forever. I find it curious that we are experts at ruminating in sadness and disappointment, but when it comes to embracing deep joy, we run.

Here's why: There is no emotion more terrifying than joy. We tend to run, and dress rehearse tragedy. It is difficult to stay in a place of joy because we want to beat vulnerability to the punch. In other words, we don't want to be blindsided, so we practice tragedy and trauma.

Can we be happier? **YES!**

In sociological surveys, everyone who showed a profound capacity for joy had one thing in common: they practiced gratitude. They used that feeling of joy, not to practice tragedy, but to practice gratitude.

Don't avoid joy. When you get exciting news, or are simply feeling overwhelmed with a good feeling, bring your attention to it. Recognize and practice being with the feeling longer than you would normally allow yourself. You will be surprised how your well-being will improve over time.

Joy is what we need to build resilience, strength, and courage. So, dig deep, trust, and lean in. I mean if you think about it, who doesn't want to experience more joy in their lives, especially when you know that the most joyful people in the world are the ones who practice gratitude.

ChailleDeFaria.com

Chaille DeFaria is a MCC (Master Certified Coach), and CDWF (Certified Daring Way Facilitator for Brené Brown).

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