Our Unpredictable Lives

When in doubt, choose to think and stay positive.

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After national tragedies such as the mass shootings in Las Vegas and Parkland, Florida, people walk around in a world that for the majority of us is most likely materially the same but that's also forever psychologically altered. How can individuals feel safe, live well and thrive under such unforeseeable circumstances?

One answer, according to Daniel B. Peters, PhD, a psychologist and author of the book Make Your Worrier a Warrior: A Guide to Conquering Your Child's Fears, may be to accept that our existence is precious, finite and uncertain. As a result, there are many things we can't control or that don't make sense.

Nevertheless, individuals can choose where they go, what they do and whether to live in constant terror or be unafraid of life.

When we're faced with not knowing what will happen in the next few seconds, minutes or hours, it's key to stay strong and commit to living with purpose as a force for good. "Most of all I know we cannot give in to the fear and hate," Peters advises on his blog, Dr. Dan's Blog. "There are many more of us, those who will always choose love, compassion and an appreciation for all life."

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