

Getting out of the swamp

Suzanne sawsen Djebali



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Introduction :

You are not here to live among the stars, so don't let the murky water drown your efforts. I am not here to teach you or dictate what you should do, but instead, I play the role of a motivating coach. I just want to tell you the words that I wanted to hear when I was younger. I am a young woman in her twenties who has experiences to share with those who are younger than her. Perhaps my words will find someone who will listen and feel them. I want to help make a surrendered and lonely person hear my whispers and encourage them to move forward. Enough sitting around, there is life to live and a future to build. Your hands tied in front of difficulties will cost you a lifetime of regret tomorrow. This is what I wanted to hear one day when sadness and despair overwhelmed me, and

circumstances and poverty exhausted me. I wanted words from someone who had a good life to emulate, but when I couldn't find it, I dusted myself off and began to strive to get out of the swamps I drowned in. My heart was leading me, and my mind was guiding me, so I escaped and am still trying and searching on the streets for the place where I belong. My story is not over and is still at the beginning, but I will always remain determined to achieve my goals, no matter how difficult they may be.

The Swamp:

Despair, failure, depression, poverty, and others are all swamps that humans surrender to, sinking deeper the longer they remain without taking action to get out of their situation. They become an inevitable victim, living as a prisoner drowning in their swamp, and the worst part of this drowning is getting used to it. Getting used to the bottom and darkness takes you from being someone who lives to reach a place or achieve a goal or to take steady steps, to being someone who lives in failure and sadness today, waiting for tomorrow to do the same as yesterday. People who drowned in the swamps of poverty, drugs, depression, and various problems, only a few managed to get out, and most of their situations did not change. Why? Because when a person accepts bitter reality

and does not strive for change, they fall victim to the ghost of routine, chaining their willpower, and a person without a free will to strive, will achieve nothing and will live only in despair and doom. When a moment of miracles comes to get them out of their reality, they fear leaving, and their weak personality restrains them, which has become accustomed to living according to one path alone. Only the greats and the legends get out and create a revolution in their life, turning it upside down towards glory and change.

Desire, effort, and dedication to the attempts of success and change are all factors that save the owner from drowning in any swamp. You do not need a superpower to pull yourself out of your sadness, poverty, or failure. You need to act and implement after thinking and deciding that this situation does not suit you; you need to criticize yourself on your own.

You stand in the swamp in front of two roads, and you must choose between them, and in front of two turns, one of which must be taken, the first road is to descend to the bottom more towards deeper despair, greater failure, and deeper sadness, so you get used to it, and darkness becomes your place. The other way is to move up towards exit and change and control all affairs because everything will be in your hands, and you will be the controller of your life, and you determine the events of your story, which you may not know the end of, but you will continue to write its chapters, and the beauty of each chapter will be according to your choice. There may be some sad and terrifying chapters, but your determination and effort will write chapters with happy endings, undoubtedly.

The path to get out of the swamp towards the

top is not easy but fraught with risks, difficulties, rugged turns, and slippery valleys that push you to fall, but you must arm yourself and learn all the previous lessons to be a good teacher and assistant in any matter you want to do in the future. As each swamp has its secrets and ways, you must know them all because knowing the battlefield and its soldiers will enable the fighter to prepare for the fight. Similarly, knowing what you will face and how to face it is the secret that makes you advance in your life towards the goal, success, and happiness, leaving all sadness and failure in the past that you will not forget but learn from just like I said. Each swamp has its secrets, and depression is one of them .

Imprisonment prevents you from living and diminishes the taste of life, while poverty impedes everything you wish to do, and

problems weigh heavily on you. Therefore, you must learn from the past and leave the past lessons behind to refer to them when needed. This is what being human is all about; you do not always live in constant prosperity or adversity, just as there is darkness there must be the light of morning waiting, or vice versa. What we need to do as humans is adapt so that we do not collapse, and strive to make changes. The inability to solve problems and adapt to all the circumstances surrounding humans and isolation leads people to fall into the circle of despair. Despair makes us sink to the bottom, and if we hold onto it for too long, we won't be able to find dry land again. It stirs up fears and prevents us from facing them. If you are in a difficult and harsh situation, do not leave yourself a captive of despair but adapt to seek a solution. Adaptation does not mean surrender, but

rather staying vigilant to the circumstances, accepting them, and adapting to them. At first, adaptation gives the mind a chance to think of a solution to get out of the difficult situation. Adaptation is a necessary solution to overcome any problem, as it prevents you from collapsing, which if it happens, you will not be able to face any circumstances. Besides, you must realize that any difficulties in life are inevitable and necessary to complete the journey.

When Allah created us, He did not make our existence meaningless, but rather made our lives a test to overcome. We must face obstacles in this world as it is a test that we must go through before reaching the final destination. Each one of us has our own tests to go through, so even if you see happiness in others from the outside, do not let it deceive you as their journey to reach that happiness

may be difficult and fraught with risks. The happy people, successful ones, celebrities, and great people were not born happy or great by nature, and it was only through going through difficult experiences that they became successful. You will not reach success and happiness unless you pay the price to deserve it. This talk may be beautiful and obvious, but what makes it a real lesson is whether you will act in accordance with it.

The difference between an ordinary or a failed person and a great person is that the great person reads about the achievements of other great people and the lessons learned, so they understand what is being said and learn lessons from them. However, they do not keep it just as ink on paper, but they wake up the next day to start working according to them without hesitation, and leave the comfort zone. Put a yellow line between two

or three lines and color it yellow, indicating a comfort zone. Leaving the comfort zone means entering the world of definite success, and those who leave the comfort zone, their end is achievements that follow one another without looking back to save their lives from walking in a pace of misery, sadness, and failure. On the other hand, the failed person or the one who accepts drowning and remains in the comfort zone, the abundance of lessons around them does not benefit them because they will not work on them.

In order not to end up failing and drowning in any swamp, you must think like the wise and train yourself to desire change and hold onto many ropes in life, one of which you may need to pull yourself out of a maze if you get stuck. This is as I said before, life is like a maze where each of us has their own way of behaving to get out or get used to it. Every individual

chooses their own fate. Let's imagine that we have a large maze that extends for miles, and we have two people. Let's assume that one of them fell into it and felt panic and terror and wanted to get out quickly, so he searched for the nearest way out but didn't find it and gave up, and he became sad and couldn't leave. While the other person did not allow despair and panic to control him, he thought wisely and did not search for the quickest way out, but rather the proper way out. He tried all the directions, and when he failed in one, he tried another, until he reached the exit of the maze and succeeded. In the future, when he falls into another maze, he will have prior experience and will succeed again. This example of these two individuals in the maze is seen frequently in our reality, and it may happen to us personally. The first example is exactly what happens to us when we face a

problem or calamity. We collapse, and feelings of fear take over us, and then the mind disappears. We do not think of possibilities of success, and in the first confrontation with fear, we fail, and when we fail, we do not try again.

What happens? We remain stuck in the quagmire of our failed experience, we do not try again, and all of this will result in inevitable failure. The second example is when we hesitate in the face of problems, and instead of being afraid and withdrawing, we control feelings of fear and retreating, making the mind the leader in any problem. We do not sit idle, but we try, and when we fail at something, we learn from it and try again until we succeed and progress. Learning, trying, and continuing are all factors that lead to success or overcoming problems, no matter how different they may be. If trucks

stopped at the first obstacle on the road and turned back every time they encountered an obstacle, one of them would never reach the end of the road. The long road is loaded with difficulties and requires patience, perseverance, work, and pursuit, and without these things, you will not make progress and will not overcome your obstacles if you remain at the starting point. There are things you will learn and accept and work on from failure to success or from sadness to happiness, including:

- Give yourself the right to fail:

Failure is not a good thing, but it is a start towards success, as it is the first teacher for those who want to hone their experiences. All the greats and producers started with failure one day, but they learned from it.

Allow yourself to be sad when you feel you have lost:

Let feelings of sadness and depression take their time and do not suppress them because if you feel them, you learn to face and stand firm again when faced with the same situations and experiences. But if they persist for a long time and become chronic, seek psychological treatment or a solution.

Exploit anger:

Anger can be your fuel and drive for creativity, a strong motive for change and getting out of uncomfortable situations. However, do not allow excessive anger to control you, as it will hinder you and turn against you.

Stay away from negative people:

Negative environments and people surrounding you with negative emotions are like a swamp, making it difficult to get out. They will drain your energy and strength until you lose your identity, so leave now.

A strong person fights battles alone with determination and challenge to come out stronger. Tap into your energy again and do not succumb to frustration. There is hidden potential energy within all of us, and it's up to the hero to discover and unleash it. Ask

yourself what is missing and preventing you from succeeding?

Through my experiences with crises, attempts at success, and my deep studies of different fields of psychology, I have realized that strength comes from within, and I do not need any external motivation. True, motivation is important in the beginning, and you should take doses of it but do not rely on it because it will wear off. Work is more critical than motivation. Work is a necessity that I pursue, while motivation is an influence that has an immediate effect but is useless if not used right away. Furthermore, the mind motivates itself. I want to achieve, and I want to succeed, and all the pain and negativity become factors that I must use to get out of problems and misfortunes. So why would I need motivation that will give me energy for minutes or days and then disappear? If I do

not act immediately and work towards change, it becomes futile. Motivation is essential, but without persistence, work, and repeated attempts to succeed and solve problems, nothing will be accomplished.

Ways to escape the swamp:

My idea is that to achieve something, especially to get out of despair, depression, failed experiences, and even poverty, you need steps and stages that you have to go through, which can be summarized in three things according to my personal point of view:

- Struggle and resistance.
- Searching for a way.
- Pursuit of success.

1- Struggle and resistance:

Getting into any painful situation, whether it be illness, poverty, bankruptcy, depression, and more, at first, you will feel that the whole

universe is against you. You will suffocate from reality, drown every moment, and not know how to act. Your sadness will lead you to collapse, and you will only see obstacles before you, especially if it's your first experience of failure or illness, and others. You will think that you are the only one who suffers and all doors and ways are closed in front of you. At this time, you should be calm and calm for a while because peace will give you time to think. Such moments are critical, so you must know how to act during them. Calm, thinking, and waiting will give you strength or a solution. Our first enemy is a breakdown because it will make things more complicated. Therefore, it, along with anger, are weapons against you, and if they attack you, you will drown more. If you have a problem, wait and look for a solution, and if you get sick, focus on your mental health

because it is the basis of your treatment, especially in the beginning. If you are sad, live it in all its details, and it will go away, or look for a solution to it, but after you have felt it because if you do not experience your sadness and learn from it, it will be suppressed in your subconscious and attack you from time to time.

The initial stages of problems and sorrows are always difficult as tough situations constrict their owner. The solution is to resist and fight, this will give you two opportunities for survival. The first opportunity, resistance strengthens you to surpass and prevent further problems, unlike those who fail to resist, they remain stagnant. Struggles teach and provide you with experience that is beneficial in the present and future when facing similar situations. Despite the different situations, these states are similar to battles.

As you know, battles need their strongest soldiers, weak soldiers do not come out alive, and if they do, it is with difficulty and injuries. So, learn resistance to become a good soldier and knight in the face of difficulties, to create immunity against everything that is painful and bad. The law of resistance and struggle is never easy, but it prevents difficulties from invading your psychological and defensive fortresses and planting fear in you, and thus, it gives you the ability to face them. Resist in the beginning and prepare for plans to face the situation, as this is the rule. If you do not resist, you accept reality, and acceptance of reality is accepting defeat. Those capitals throughout history that did not resist and surrendered to their fate faced extermination of their people, suppression of their language and religion, unlike those nations who fought and sought solutions, they still pose a barrier

to the enemy and are still preserving their identity of language and religion. Any difficult situation that takes over you awaits one of two reactions from you, surrender, or resistance. Surrender is accepting weakness, poverty, humiliation, and a reality that cannot be overcome, while resistance is your attempt to find a solution to come out, it is the first plan for change. Know the identity of the enemy attacking you, understand its problems, and prepare yourself for the revolution of change. Instead of surrendering, struggle and be strong, confident in yourself, keep your mind clear and do not allow negative thoughts to invade your thinking. Have faith and patience; this will drive you to chase your path that will take you out of any situation you do not want.

-2 Find the way:

After we fall or fail, or unwanted situations

surround us, and we try to confront them and get out of them, push surrender aside, resist well, and strive for change, we realize that we must find a better reality and wait for the moment of realization that change and getting out of the swamp begins by drawing the plan to find the way out without returning, the passage, and passing through the ordeal.

In drawing up the plan, you will need your previous experiences, other people's experiences, and your personal creativity. As you know, the first step to the success of anything is learning, whether it is learning from life, books, or the Quran. Learning anything will inevitably give you a solution and a way to cross the bridge you need to build a plan, call it whatever you want, the plan for change, the plan for success, or even the plan to escape the situation. Planning is

an important tool for putting things in the right place and turning what you have learned into something you can benefit from. In order to plan to earn money, you will look for ways to earn money first, and then plan how to collect it, increase it, and invest it. Before going to work, you must learn its secrets and what you need, and then plan to be creative with it when you receive it. Learning remains a compass on your roadmap, and any dilemma you need a previous experience for, you may have learned it, and with the passage of time, your skills increase day by day. You will realize over the years that anything you have learned will not go to waste, either you use it or it remains a legacy behind you, immortalizing your name among the stars.

And because learning is one of the things that help you draw your own path plan, whether in normal situations in your life or when you

encounter a crisis or a problem, the first step is to identify your problem, its nature, and the means you need to change it. These means are the torch that will show you the way. After the first step, which is the resistance that we said gives us the strength and ability we need to change, gives us enough experience and prevents us from the collapse that leads us to surrender to the painful reality, the second step comes, which is learning and trying to find the way. We do not say finding the way directly because that is a difficult matter, if it happened, it would be a coincidence, and truth does not always come on a feathered mat. Learning gives us everything we need, it gives us experience and gives us strength. Learning may be a goal we want to achieve and it may be a means we need, and in both cases, we must learn.

Learn the skill that you know will get you out

of where you are, start and master it. Plan well what you will learn and don't give yourself comfort, but rather teach it seriousness and self-discipline. It will thank you later for not leaving it at the mercy of failure and surrender. The road does not come to you asking to cross, so you must look for it, and when you find it, it will lead you, and your experiences that come from everything you faced before will be your compass. For every place, there is a specific path, and for every problem, there is a way out. Search for it well. The things mentioned before will help you. If your problem is money, search and collect means of earning and learn them. Do not stop at a certain point, and if you do not succeed in one matter, repeat another, and in the end, you will find that poverty is a swamp that you got out of thanks to what you learned, and you found



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**your way, and you will be grateful to yourself
for finding your goal finally.**

Pursuing success:

Success is a dazzling term that everyone on earth seeks to achieve. The field of success differs, but the result and the path are the same. If you want to achieve success in all aspects, whether financial, emotional, health-related, professional, or whatever it may be, you need determination. Everyone agrees that reaching success requires perseverance. Professional, academic, or personal success, overcoming challenges and getting out of troubles, they all share the same main factor that leads to them, which is working smart and being persistent. Getting out of a complex situation or suffering is also considered a success that came about in the same way that a person may succeed in a particular field after resistance and struggle, and when they find the path they have drawn.

After defining your path and taking it, you must succeed in crossing to what you want. In short, pursuing success requires pursuing and success loves the courageous. Simple people who are satisfied with little and do not try will never succeed.

There are special rules to achieve success or get out of the predicament we described. The individual must do them, and the most critical factors include, in my opinion and from my personal experience:

- Seizing opportunities
- Working
- Self-improvement
- Following the goal

1 Seizing opportunities:

It is the first step in achieving any success you want. There are many opportunities looking for someone who deserves them. Choose the

opportunity and catch it. Do not let it slip away, and strive to implement it in reality.

_ 2Working:

Success without work is a lie that only occurs in the imagination. Success requires work and double effort. Work leads to success, and success is a result of work. If you want to improve your situation, work. If you want to achieve a goal, work. If you want to get out of difficulties, work. Try everything, and in the end, you will master what you do, and your destiny will be nothing but success.

_ 3Self-improvement:

We were not born to be exceptional and successful from the beginning, but we were always deficient. Some are satisfied with their situation, and some are not. If a person's self-esteem is low, they will accept themselves as they are. But those who seek distinction and

success will continue to improve themselves day after day. They will study their weaknesses and work on them, look at their talents, strive to improve and refine them, and constantly improve themselves by following continuous learning and placing themselves under training to achieve what they want.

_ 4Following the goal:

The goal is the reason for life. Every person has a goal they want to reach and achieve. Following the goal necessarily leads to success. As much as your goal may be significant, you will get tired and suffer, but the end will make you forget the pain, sadness, and suffering. Goals require lazy people to strive for them. Goals require boldness. The bold ones who think more than anyone else will lead them or climb the mountains of success and greatness alone. Be

brave and do not care about the opinions of negative people who are failures and do not have the courage to do great things, even in their dreams and during sleep

In the end, everyone who strives will succeed. Beautiful days will not come to you, but you must go towards them yourself. It may not be easy for you, but try from the easiest to the most difficult until all goals surrender to you. In summary, everything I have said is not philosophy or words that you hear and forget. I want to remind you that you have a difficult reality that you must overcome, and dreams that are waiting for you. If you give in to your swamp, it will drown you in its mud, and this is not what you want as the end of your story. Overcome the difficulties and surpass your reality to show them who you are. Life is short, so live it in every detail and do not let defeat catch up with you.



The end

Enjoyable reading

biography :

I am the writer *Susan Sawsan Djebali*, 24 years old, from Skikda, Algeria.

I am a beginner writer and a graduate of Skikda University's clinical psychology program.

I have contributed to university books and I have a work which is the novel 'Hope within the Nightmare,' in addition to the work that is currently in front of you.

مع جسر الروايات للنشر الإلكتروني
إجعل من فكرك الراقى جسرا لمستقبل أفضل

*With Bridge of Novels for
electronic publishing
Make your refined thought a bridge
to a better future*

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*Resist today in the swamp to embrace
your dreams above the clouds
tomorrow ...*



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