

You: I lost my job  
Us: OK.

You: I've put on so much weight  
Us: Yes.

You: My ex-husband used to beat me  
Us: I hear you.

You: My father abused me as a child  
Us: Yup.

You: I embezzled money at my previous job  
Us: So you did.

You: My manager at work is giving me a hard time  
Us: True that.

You: I didn't win gold at the last olympics  
Us: You didn't.

You: I shagged a sheep when I was a teenager  
Us: Alright.

You: My colleague at work doesn't like me  
Us: So?

You: I missed a penalty kick in the final  
Us: Well?

You: I haven't been a good husband lately  
Us: And?

You: When I was 16 I had sex with my best friends girlfriend  
Us: And...?

You: I killed my mom's cat when I was 17  
Us: And...?

You: I never got to tell my mother I loved her before she died  
Us: And...?

You: I was gang raped when I was 14  
Us: And...?

You: I was bullied and beaten up at school when I was a kid  
Us: And...?

You: I've been in 150 job interviews without getting a job  
Us: And...?

You: It's been raining all month  
Us: And...?

You: I was born in rural Africa and had it really tough  
Us: And...?

You: My mother caught me masturbating  
Us: And...?

You: I had a heart attack last year  
Us: And...?

You: I grew up in a conflict  
Us: And...?

You: I cheated on my husband and had a sex orgy with dutch prostitutes  
Us: And...?

You: I shot the sheriff  
Us: And...?

You: I have a bad conscience  
Us: And...?

And...? And...? And what the fuck are you going to do about it?! We've been given this 1 in a trillion chance to experience life as a human. You could have been a worm, a fish, a spider, that sheep. You were born as a human with this amazing option of being 100% able to choose how to experience your events. While you are not always responsible for what hits you, you are fully responsible for how you chose to experience it. You are 100% responsible for your own experiences and how you decide to act on them.

Alternative 1:  
You dwell on the past and keep complaining.

Alternative 2:  
Come through it. You decide to stop spending energy on what has happened.  
You start creating positive effects.

If you decide to have at least a sliver of free will left, you can choose.  
Choose wisely. Your life depends on it.