The positive thinker is a hardheaded, tough-minded, factual realist. He sees all the difficulties clearly, but such a person sees more than difficulties ~ he or she tries to see the solutions of those difficulties.

Insight Norman Vincent Peale

We encounter some real troubles in life. Anyone living anywhere on earth will know someone who is having a grievous time with real troubles. I think there are certain basic things we can do when we're in trouble to keep our troubles from overwhelming us. The first is to remember God and have faith in His providence. Look to Him for guidance. And from this there follows a second basic idea: Since we are children of God and can look to Him for help, we ought not to quake in the presence of trouble, nor run away from it, nor pretend it isn't there, but face it, stand up to it, take hold of it, and deal with it. Actually, the more you try to run away from trouble, or evade it, the more overwhelming it becomes; while if only you would boldly take hold of it, you would find it much easier to handle.

An important thing to realize is it doesn't make any difference how much difficulty there is ~ there are always great possibilities in any situation. Generally, when people are disheartened, they can't see the possibilities. They see only the difficulties that are involved, not the solution. They magnify the difficulties, to blow them up, to make them bigger than they actually are. The thing to do when you are disheartened is to do the opposite: go hunting around your situation for the bright possibilities that are surely there.