

FOR THE RECENTLY-PASSED-OVER.

THEIR WIN IS NOT YOUR LOSS

Injustice stings but obsessing over it costs you more than them

THE STOIC PRINCIPLE

Resentment is a bill you keep paying for a fight that is already over. They got the thing. Replaying it does not move the line. Move yourself instead.

THE STOIC SUPPORT

"Nothing that goes on in anyone else's mind can hurt you. Then where is harm to be found? It is in your capacity to see harm. What happens to everyone - bad and good alike - is neither good nor bad. "

MARCUS AURELIUS | MEDITATIONS

STOIC STEPS FOR RADICAL RESILIENCE

Five steps to stop renting space to a result you cannot change.

01 NOTICE THE RERUN

The brain loves to replay the moment they got the thing you wanted. Catch it happening. Name it: 'rerun.' That alone interrupts the loop about half the time.

02 TELL YOURSELF THE TRUTH ABOUT THE CAUSE

Sometimes the system is rigged. Sometimes it is just disappointment wearing the mask of unfairness. The action is different for each. Be honest with yourself before you decide which one this is.

03 STOP SCORING THEIR GAME

Watching them celebrate is voluntary. Mute. Unfollow. Skip the office happy hour for a few weeks. You do not owe anyone front-row seats to your own resentment.

04 POUR THE ENERGY BACK INTO YOUR WORK

The fastest cure for 'they got it instead of me' is the next thing you actually want. Resentment is fuel. Do not let it burn you. Burn the work.

05 DECIDE WHO YOU WANT TO BE IN SIX MONTHS

Six months from now, what version of you do you want? The one carrying this grudge, or the one who used the fire? Pick now. The next move follows.

THE REFRAME

Their win is just an event. The harm is in your capacity to see harm in it. So do not.