

SHORT TERM PAIN... LONG TERM PLEASURE



It really is interesting how each one of us has the capacity to put ourselves through some pain and discomfort for a finite period of time if the reward or pleasure at the other end is worth it. The big question is how often will we embrace this short term pain and discomfort to enjoy the long term joy and pleasure that will come as a result?

I have probably bored you enough about the 14km 'Run for the Kids' I did a couple of weeks ago! If so sorry, but there are more lessons that I feel need to be shared. I mentioned in last week's article that I was physically under prepared for this run. Whilst I do exercise regularly, I just don't run more than 2km continuously – 14km is just a bit further than that! The thing I did do is that I programmed 14.38km into my minds computer and I was mentally prepared for what I was about to do.

Surprise, surprise the run was not comfortable from the 2km mark onwards! But I just mentally accepted that this was going to be the case and I kept myself going by visualising running across the finish line and feeling amazingly satisfied and proud of what I had achieved. When I finally got to the finish line and stopped running two things happened; the first was the overwhelming feeling of pleasure for having completed the run and the second was that my legs immediately turned to rubber and almost collapsed underneath me! I could not have taken one more step running. My brain had just got me across the line!



The power of the mind will create amazing things

I am certainly not saying that what I achieved was amazing, but there is story after story of people who have done amazing things to overcome short term pain to create long term pleasure. What about the story of the little old lady who was able to lift a car off a small child trapped underneath it and saved the child's life? What about the story of the gentleman who had a cholesterol of 14.5 and a blood pressure of 250/130 and was extraordinarily close to death and within a few short months of focus, discomfort and effort achieved a cholesterol of 4.5 and a normal blood pressure and saved his own life. What about the millions of mothers that have gone through long and painful labours to give birth to beautiful children?



What about you? **You know** you have done something that has been uncomfortable or painful to create some long term pleasure in your life. **You know** how good it felt. You have a mind powerful enough to help you to overcome some discomfort to create positive and joyful outcomes in any area of your life if you can just focus it on the right things. **You are already good enough.**

Which will we choose?

The 'Pain and Pleasure Principle' states that everything we do is motivated by our desire to either gain pleasure or avoid pain. The problem that can arise by trying to avoid pain or gain pleasure in the short term is that the pain will often come later and at a much greater cost. Exercise is painful and we could easily avoid it to gain short term pleasure, but we all know what the potential long term cost of this decision will be. Avoiding an issue with a loved one may give us short term pleasure, but what about in the long term?

Deep down I believe we all know the decisions we should be making, and I believe that we also know where those decisions are leading us. It is my firm belief that we don't understand, trust in or believe how amazing we already are. For many of us we don't truly believe the inner strength we already have to overcome some short term pain or discomfort to create the incredible long term pleasure that we all deserve. The good and bad news is that in life we don't get what we deserve, we get what we believe and expect.

Choose discomfort for a finite period



Think about what you really want. Think about the short term effort required to either get it started or make it happen. Think about how amazing you will feel and pleasure associated with getting it done. Are you excited?? If not, think about it again and this time really believe it will happen. Are you excited now? Good - now all you have to do is focus for just a relatively short finite period of time on going through a process that will be uncomfortable but will bring incredible long term pleasure to your life. **Choose the short term pain and enjoy the long term pleasure!**