

The Warrior by San George.

Worrier or warrior?

Do you know the difference?

Let me tell you by my perspective.

Worry is what I do all the time:-

"Why can't I do what I used to do?"

"Why is my life so different now?"

"I worry all the time! "Am I any good at the things I enjoy?" "Will I get the same enjoyment that football gave me?"



Well, you should know this, I am indeed also, a WARRIOR.

I have overcome both physical and emotional barriers in my way. I have adapted to what my body will allow me to do. I have learned coping strategies, to curve my emotions when things get too much.

So you see, you can be both a worrier and a warrior.

Just be kind to yourself to be in the moment.

But wait... Isn't there a dark side of The Warrior?

"The Dark Side of The Warrior", is not as Dark as it sounds. Destructive, anger and hatred come to mind when a warrior is mentioned. True, I demonstrate all of these traits. I can get angry and self destructive, I can probably hate when I definitely shouldn't. But in truth these are what strives me to be a better, more tolerant person.