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# 挫折為成功之父 失敗為成功之母

## Trial and Error remain the very Foundation of Ultimate Success

在我們受挫或失敗的當下，每個人都期盼著別人的安慰及支持，甚至能一同數落運氣不好或是歸因外在因素所造成。的確，在失敗或挫折的起始我們都需要情緒上的渲洩及心靈上之支持安慰，要接受「挫折為成功之父，失敗為成功之母」的勸告，必然如緣木求魚般強人所難，也不能為人接受。但話說回來，人生的旅途中，最重要也是最決定性的轉折卻是在轉彎處，畢竟在人生的旅程中，怎會一直平坦毫無崎嶇之路？而如何面對挫折及失敗就決定人生成功與否的分水嶺。

記得前陣子收到一則「牛奶海洋」的e-mail，故事內容大概描述美國一位醫藥發明家在小時候，有次不小心把整罐牛奶打翻了，當時小孩嚇壞了，因為生怕母親生氣指責而躲在角落，但當其母親看到此一情景卻跟小孩子說：「我從來沒有看過如此壯觀的牛奶海洋，好漂亮哦！」，除了一下子化解掉小孩子不安的情緒外，她還邀請小孩一起把牛奶打掃乾淨，並且再次把牛奶罐裝滿了水，教導小孩如何拿才不會打翻。看完這則故事後，深深打動身為人父的我，如果是我，當時

When we are under stress or confronting failure, every one invariably expects the comfort and support of others, or blames it on one's poor luck or outside factors. Indeed, at time of failure or distress, we all need emotional out and psychological support and comfort, and it is conceivably difficult for most people to heed to the advice that trail and error remains the very foundation of ultimate success. Yet to get to the bottom of it, a most crucial and determining turn in the journal called life lies in how best to make the transition, for after all in an individual's passage of life, it would not be possible to have smooth sailing all the way. And the ultimate determinant of success and failure rests on how one confronts distress and failure.

While recalling a recently received email titled "ocean of milk", regarding a childhood story of an American drug inventor, who has accidentally spilled an entire milk carton and gone into hiding for the scary incident, to which the mother merely says to the child, "I have never seen such magnificent sea of milk. How pretty it is!" Not only does the mother instantly releases the child's unease, but she also invites the child to clean up the spill, and teaches the child how to handle milk without spilling by filling the milk carton with water. Upon perusing the story, I am moved as a parent that I might have scorned my child right then and there, and would less likely be inviting my child to clean up the spill, nor teach him how to avoid future spillage.



可能不會罵兒子不小心，但也絕不會如故事中的母親邀她小孩一起把牛奶清理乾淨，更不會教他下次該如何拿牛奶罐才不會把牛奶打翻。

這雖是一則小故事，但卻是啓迪人心的典例，我非常佩服故事中母親的智慧，她不是如我一般自己把小孩打翻的牛奶擦拭乾淨，而是叫小孩和她「一起收拾」、「一起承擔」自己不小心做錯的事；讓他學會能夠爲自己「負責任」，而且還把牛奶重新裝滿水，再次教導小孩怎麼拿，才不會「再次出錯」！也正因爲如此，才養成孩子的信心及勇氣去不斷地嚐試、實驗；其實他能成爲一個醫藥的發明者絕不會是偶然，試想當一件成功藥品的研發成功，其背後是數以千計的實驗失敗及挫折所累積而成，如果其間有一次受挫心灰意冷停下來，而沒有再繼續，絕對沒有最後成功的果實。

回到現實的生活面，當命運向我們挑戰時，我們會被擊退？還是不屈不撓的奮戰下去？大都人可能會跟我一樣，對著這個問題遲疑一下，我們當然知道「沒有砥礪，就沒有進步」的涵意？更知道唯有付出，才有嚐到甜美果實的可能；但能像蜘蛛結網般，憑著對生命的執著，儘管外界環境惡劣，網破了、再補；補了、再破……，反反覆覆的持續著，一次又一次的努力達成目標，那可真是少之又少，牠早已超越自己，甚至環境。在人生命運挑戰中，我們就是常因擔心再受挫或再失敗而裹足不前，常會以爲自己沒有足夠的勇氣，其實不然，如果我們會感到害怕而願意去嚐試那才叫勇敢。如果我們有擔心害怕，但能抱持這顆擔心去面對完成所要面對的事情，那才是真勇敢。所以是擔心、害怕成就了我們的勇敢，才能坦然面對命運挑戰似乎是我們唯一可以選擇的路。而且就如達賴喇嘛曾說過這麼一段智語：

Though a brief story, it is nevertheless a rather inspiring anecdote. I rather admire the wits of the mother in the story, where she has not acted as I would to wipe the spilled milk, but rather asks her child to clean up and assume responsibility together in eradicating the mistake that the child did, an experience that allows the child to be responsible for himself, notwithstanding her wits in teaching her child to reload the milk can to avoid future recurrence. Exactly because of so, the child has had his confidence and faith rebuilt to want to try and experiment, which made it not a surprise how the child eventually became a drug inventor. Imaging that a successfully R&D of a new drug is built upon thousands of trial and error, any setback that stalled the experiment would render it impossible to enjoy the fruit of labor at the end.

Coming back to real life, when fate challenges us, will we be content to be defeated? Or fight head on with all our plights? As a majority of people would probably respond the same way I would by hesitating slightly, we nevertheless know full on that there would not be process without challenges. And we are

also fully aware that we harvest from what we have planted. Yet the ability to persevere like how a spider weaves the spider web remains a rare virtue, just as how a spider aims to surpass itself and overcome obstacles through repetitious mending and patching, and eventually reaching its goal through many trial and error. In the lifetime challenges, one is often deterred from moving forward because of probable setback or failure, thinking that one did not have enough guts. The fact remains that there is nothing to be fearful of, and true courage does lie in those who are courageous enough to brace forward despite feeling fearful within. Essentially, fearfulness translates to one's courage and the energy that motivates him to face up to the challenge of life as the only path to go down. Just like Dalai Lama has once said, "There is no use worrying out things not yet happened, just as there is no need to worry for things that will never happen".

As friends often elaborated on their desire to want a colorful, legendary and enriching life, yet few seldom care to examine the





# 海巡

## Counseling field

### 溫 老 師 園 地

「如果事情在未來會發生，現在擔心也沒有用，未來不會發的事，現在也不用擔心。」

聽朋友說要擁有一個豐富、傳奇、精彩的人生，但有誰知道豐富、傳奇、精彩的背後卻隱含著更多的挑戰、困難及挫折，就如同大海中的小船，若沒經歷過波濤洶湧，那有乘風破浪的刺激、精彩及傳奇的故事。所以一個人主觀的現實世界，其實是深受詮釋角度與使用的語言所影響，而「想法」和「態度」，便直接影響一個人的未來！如同上則故事中的媽媽一樣，她以「正面思考」的方式，和顏悅色的心情教導孩子、處理事物，致使一次犯錯的打翻牛奶罐饒富哲理。

在失敗及挫折的同時也敘見當事人發怒的情緒，心理學家說：「當一個錯誤已經發生，你發再大的脾氣，也都是於事無補」。如同牛奶海洋故事中的母親，如果當時她選擇大聲責罵小孩，也只是使小孩更害怕、更恐懼而已；而且，憤怒，可能會造成更多的錯誤。所以，當錯誤已是既成的事實時，就必須勇敢面對、勇敢承擔；歇斯底里地發脾氣，不僅使別人遭殃，受害最大的也往往是自己。

所以下一次當我們再碰到失敗或挫折的時候，你仍然可以尋求情緒渲洩、仍然可以悲傷難過、仍然可以怨歎時運不濟，但最後絕對別忘了再給自己一次機會，一次重新面對及重新學習的機會，相信必能為你的人生增添喜悅及成長。

challenges, difficulties and setbacks that lie behind a colorful, legendary and enriching existence, much like how the venture of a small boat in the ocean would be deprived of the excitement, superlative and legendary story of fighting the towering waters and breaking the great white waves. Which illustrates how one's objective and perceive existence are inseparably tied to how one interpret one's role in life and the language used, while thoughts and attitudes would continue to affect one's future. Just like the mother in the foresaid story, her positive thinking mode and a liberal approach in teaching her child handling the incident has turned a mistake of spilling milk into a profound philosophical take.

When confronting a client's emotional outburst at times of failure and setback, the psychologist says, "When a mistake has already happened, it wouldn't do any good however mad you are." Just like the Mom in the ocean of milk story, suppose she chooses to get mad, which would only drive her kid to be more afraid and fearful, while anger could only lead to more mistakes. Hence, when faced with mistakes, a prudent approach is to face up to it and assume the consequences, rather than getting hysterical or pulling a hysterical tantrum that not only irritates people but also sets one deeper in trouble.

So next time when failure or setback hits, you can still find your emotional outlet, and be saddened by it, or whine for being down on your luck, yet be sure that you give yourself one more chance to face up to the difficulty and learn from it, which would, no doubt, enrich your life with joy and growth.

