

Your attitude makes all the difference.

It's easy to fall into self-pity when you've been hurt and it's someone else's fault. You have come face to face with the fact that the world is deeply unfair. You knew it before, but now you have to live with it. As a result of your injury, you can no longer hold your new grandchild. You can't care for your family. Your relationship with your husband or wife suffers. You feel helpless.

Look, it's awful. There's no way around this. We understand.

Difficult as it may be, though, the best thing you can do for your case and for yourself is to keep up an optimistic attitude.

This does not mean that you need to “play tough” while you’re telling your lawyer about what happened to you. Any good lawyer will want to hear every single detail about how your accident and injuries affected your life. Every detail! Your lawyer will ask for pure honesty and want to hear everything—including the whining!

But *after* you've told your lawyer everything in detail, including the whining, you should leave it to your lawyer to tell your story. That's one of your lawyer's most important jobs. Your lawyer will whine for you. And your job will be to get on with your life, with hard work and optimism.

The impact of having a good attitude is immeasurable. Not only are you more likely to impress and inspire a jury by remaining optimistic in the face of hardship, but you'll enable yourself to take more joy in your everyday life—regardless of the unfairness you've experienced.