

## International Conversation Cafe

Lifestyle Topic: Adversity

All the adversity I've had in my life, all my troubles and obstacles, have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.  
~~Walt Disney

*What is "adversity"?*

*What is a "kick in the teeth?"*

*What do you suppose this quotation means?*

*Do you agree with the meaning of this quotation? Why or why not?*

*What do you think was some of the adversity Walt Disney met with?*

*Share a difficulty you experienced that made you a better person in the end.*

Adversity makes men, and prosperity makes monsters. ~Victor Hugo

*What do you think this quotation means?*

*Do you think that all adversity helps people grow stronger? Give some examples.*

*Does adversity affect your relationship with God? How?*

*Do you expect God should take away all difficulty? Why or why not?*

*Tell about some famous people from your home country that suffered adversity?*

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

~Abraham Lincoln

*What does this quotation mean?*

*Why do you think Abraham Lincoln would hold this view?*

*Why do you think power could test a man's character more than adversity?*

*Give an example of someone in power who could not handle it.*

*Give another example of someone in power and uses it to help others, not themselves.*

Here are a few idioms about trouble taken from: [www.thefreedictionary.com](http://www.thefreedictionary.com). Read them and try to create your own sentences using the idiom.

**in trouble**- in danger; in difficulty; due for punishment.

"If you don't be quiet, you're going to be in trouble. The company was in trouble for months, and then went bankrupt."

**not worth the trouble**- not important enough to require a comment or any effort.

"Don't bother with it. It isn't worth the trouble. There is no point in trying to get the spot out of the carpet. It isn't worth the trouble."

**Trouble is brewing.** and **There is trouble brewing.**-*Fig.* Trouble is developing.

"Trouble's brewing at the office. I have to get there early tomorrow. There is trouble brewing in the government. The prime minister may resign."

**I've been keeping out of trouble.** - *Fig.* a standard response to a greeting inquiry that asks what one has been doing.

"John: What have you been doing, Fred? Fred: Been keeping out of trouble. John: Yeah. Me too. Mary: How are things, Tom? Tom: Oh, I've been keeping out of trouble."

### **Psychiatrist Dr. Norman Rosenthal Speaks About the Necessity of Adversity**

Huff Post Live

Roadblocks have a way of stopping people from achieving their goals. However, according to author and psychiatrist Dr. Norman Rosenthal, adversity is actually a key ingredient for success.

Rosenthal discussed the upside of dealing with challenge in a HuffPost Live appearance on Monday with host Nancy Redd.

"I was looking at the stories in my own life from which I learned lessons -- from myself and the people I've come across -- and as I looked at these stories, it occurred to me that you learn the most when things go wrong," Rosenthal said. "And the bigger the adversity, it seems, the better the lesson."

Rosenthal, whose new book, "The Gift Of Adversity," delves into the advantages of obstacles, also noted that those who have dealt with adversity should actually be more employable.

"If you're hiring somebody, I don't think you want somebody who's had a perfect life because they're not going to know how to deal with things when things go wrong," he said. "It's not just the adversity itself, it's what you do with the adversity -- how you grow and become a bigger person and a more resilient person... and a more compassionate person as a result of the things that happen to you -- those are, in my view, marks of success."

*What is your opinion of Rosenthal's suggestion about adversity being a gift?*