

## **Biodata**

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### **HOW TO BEHAVE YOURSELF IN EXTRAORDINARY SITUATIONS?**

We often find ourselves in extraordinary situations that can test our ability to remain calm and behave naturally. It could be an emergency situation, a conflict with someone, or a sudden change in plans. Being prepared to handle unexpected situations is valuable, as you never know when and what could happen to you.

Firstly, it is essential to remain calm, obviously. It is natural to feel fear, anger, or anxiety in unpredicted incidents. However, such behaviour can only make everything worse. Instead, take a deep breath and try to understand the situation. This will allow you to think more clearly and make better decisions. Everybody prefers to speak with a calm person, who can control their own emotions. A famous Turkish playwright Mehmet Murat Ildan once said: "By staying calm, you increase your resistance against any kind of storms."

Secondly, it is important to communicate clearly and effectively. In order to navigate extraordinary situations, we need to be able to communicate our thoughts and needs clearly to others. Be respectful, and try to listen actively to what others are saying. If you are unsure about what to do, don't be afraid to ask for help or advice from others. There is nothing bad about asking for help, because everybody can make mistakes. Another point of view could really help in most of the situations.

Finally, it is relevant to learn from your mistakes and gain experience. Unforeseen circumstances can be really challenging, but they can also be opportunities for learning and your mental development. Take some time to think about what happened, what you did well, and what you could do better and how to avoid such situations in the future. But it is not so easy to be critical of yourself, so you can ask someone to help you.

In conclusion, behaving correctly in extraordinary situations requires a combination of calmness, communication, and learning. This type of event is a fundamental part of our life. They help us to become better and acquire knowledge. Without them, your life would be too easy, don't you think?

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