

# Life Is Not Fair: What Does It Mean and How Should We Respond?



## Life Is Not Fair...: And Everything Else They Forget to Teach in School by Bill Bernard

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Life is not fair. This is a fact that we all have to accept at some point in our lives. But what does it mean to say that life is not fair? And what are the implications of this for how we live our lives?

In this article, we will explore the meaning of the statement "life is not fair." We will also discuss the implications of this for how we live our lives. Finally, we will offer some tips on how to cope with the unfairness of life.

## What Does It Mean to Say That Life Is Not Fair?

When we say that life is not fair, we mean that there is no guarantee that we will get what we deserve. We may work hard and still not achieve our goals. We may be kind and compassionate and still suffer. We may be innocent and still be punished.

The unfairness of life can be seen in many different areas. For example, we may see it in the way that some people are born into poverty while others are born into wealth. We may see it in the way that some people are healthy and others are sick. We may see it in the way that some people are treated with respect while others are treated with contempt.

The unfairness of life can be difficult to accept. It can make us feel angry, frustrated, and resentful. It can make us question our faith in God or in the universe. It can make us wonder why we even bother trying to make a difference in the world.

### **The Implications of the Unfairness of Life**

The unfairness of life has a number of implications for how we live our lives. First, it means that we cannot expect to always get what we want. We must learn to accept that there will be times when we will be disappointed and frustrated.

Second, the unfairness of life means that we must be grateful for what we have. We must never take our good fortune for granted. We must always remember that there are others who are less fortunate than we are.

Third, the unfairness of life means that we must not give up on our dreams. We must never stop trying to make a difference in the world. Even if we do not always achieve our goals, we can still make a positive impact on the lives of others.

### **How to Cope with the Unfairness of Life**

Coping with the unfairness of life can be difficult, but it is possible. Here are a few tips:

1. **Accept the reality of life.** The first step to coping with the unfairness of life is to accept that it is a reality. We cannot change the fact that life is not fair, but we can change the way we react to it.
2. **Focus on the positive.** It is easy to get caught up in the negative aspects of life. However, it is important to remember that there are also many positive things in life. Focus on the things that make you happy and grateful.
3. **Help others.** One of the best ways to cope with the unfairness of life is to help others. When you help others, you are not only making a difference in their lives, but you are also making a difference in your own life.
4. **Seek professional help.** If you are struggling to cope with the unfairness of life, do not hesitate to seek professional help. A therapist can help you to understand your feelings and develop coping mechanisms.

Life is not fair. This is a fact that we all have to accept at some point in our lives. However, the unfairness of life does not mean that we have to give up on our dreams or that we have to be unhappy. We can still live happy and fulfilling lives, even if we do not always get what we want.

The key is to accept the reality of life and to focus on the positive. We must also help others and seek professional help if needed. By following these tips, we can cope with the unfairness of life and live happy and fulfilling lives.

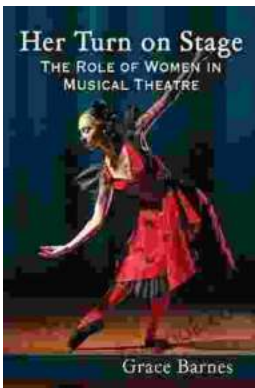
*"Life is not fair, but it's still good." - Matt Groening*



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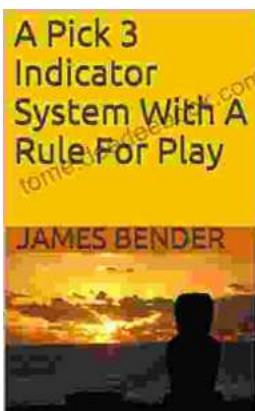
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