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"I fall upon the thorns of life!
I bleed!"

Outline

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Thesis statement: Life is full of ups and downs. It tests human with hardships and hurdles at every single point. Therefore, life is all about facing adversaries and coping up with them.

2. Understanding the route

3. Hardships and hurdles in an individual's life

a. Individual's struggle for existence or survival

b. Individual's struggle for a better life

c. Hardships faced by an individual for social recognition

4. Hardships of life in family and relationships

a. Generation gap between parents and children as a hardship

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b. Misunderstanding and personality clash between spouses

@c. lack of emotional support from family

5. Hardships of social life

a. Competition and selfishness in the anarchic world

b. Cultural, social and religious norms

@c. Restrictions of laws and government

b. Impact of hardships of life on people.

@ The issues of mental health and depression

b. Hopelessness and ^{burnout} ~~fatigue~~ of life - suicides.

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a. Resilience to the hardships of life.

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B. Conclusion

"I fell upon the thorns of life! I bleed!"

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Essay

Life is full of ups and downs. It tests human with hardships and hurdles at every single point. Therefore, life is all about facing adversaries and coping up with them. Percy Bysshe Shelley has summed up the miseries of life in a single sentence, "I fell upon the thorns of life! I bleed!". This quote ~~explains~~ asserts that life is all about hurdles that he called them as thorns, using a perfect metaphor. It is like, "life thy name is tragedy". Hardships and hurdles comes in every sphere of life either individual, family or social life. The adversaries of a individual's life start with the struggle for existence, then comes the struggle for a better life and then hardships for social recognition. People face many familial and relationship issues which could be the generational gap between parents and children,

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misunderstanding among spouses and lack of emotional support from family.

Humans' social life is also full of difficulties like competition and selfishness in the anarchic world, cultural, social and religious norms. These adversities negatively affect people as it can be seen in the form of mental health and ^{increasing} depression issues, hopelessness and suicides, and the increase in crime ratio. Nonetheless, the hardships, adversities and agonies ^{of life} can be dealt with effectively by resilience, acceptance ^{of hardships of life} and framing mind accordingly, and by keeping faith and hope.

The quote "I fell upon the thorns of life! I bleed!" has been taken from Percy Bysshe Shelley's poem, "Ode to the West Wind". This quote is the reflection of the miseries and agonies of life. Shelley uses ~~metaphor~~ "thorns" as a metaphor to explain the difficulties one face

in life. It suggests that the sufferings and adversities of life are inevitable.

Everyone faces them in different form, in different times. The reality is that the life in this world is not easy. It is full of pain and difficulties. However, at deeper level, shakly also suggest resilience to the hardships of life. By acknowledging the bitter realities, i.e., sufferings and pain of life, one can face them with optimism since there is healing and growth after every set back.

Life

The hardships of life starts with the birth of an individual. The first struggle one do is for his or her existence or survival. Humans have to fight hunger, thirst, poverty and various diseases. Herbert spencer calls it "survival of the fittest" and Darwin regards it as "nature selects the best".

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A person who fights and win against all these hardships of life makes survival. Thus, adversities of life starts at individual level in the form of struggle for existence.

As a person makes survival, the next hardship he or she faces is the struggle for better life. Human beings throughout their lives aim to secure a better life. They work hard to get a comfortable life. While in the struggle to achieve a good life they ~~face~~ bear a lot of pain. It is the irony that "humans work hard to not work hard." This battle for a more comfortable life continues for the whole and also the hardships which are associated with it.

With securing a better life, a human strive for social recognition. People aim that ~~the~~ society should own them

acknowledge them and assimilate them. It is intrinsic nature of human, that he/she should be appreciated or remembered in good name. In the ~~struggle~~ efforts for ~~a~~ social recognition, humans face a lot of adversities. They forego their own happiness and pleasure, rather, they try to please other people. Thus, humans face a lot of hardships to get recognized by society.

Humans not only have to deal with agonies of life at individual level but also they have to face a great deal of suffering in family life and relationships. Chief among such difficulties is the generational gap between parents and their children. It is a fact that there will always be a generational gap between parents and offsprings since they belong to different generations, different mindset and different cultures.

These differences lead to different understandings of life because of the different experiences. People who fails to understand this gap face a lot of hardships either dealing with their children or parents. It is precisely due to this reason that in Pakistani society there are a lot of quarrels between parents and children especially between fathers and son. ~~the~~ Hence, generational gap is a hardship human have to face in family life.

Another hardship a human face in family life ^{is} misunderstanding and personality clash ~~between~~ with his or her spouses. Partners in a relationship being different humans possess different psyche and hence different world views and personalities. It is pivotal to have an understanding with one's partner. Otherwise, one will suffer

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in such a relationship. The increasing divorce ratios ~~show~~ throughout the world shows increasing misunderstanding among spouses. So, misunderstanding between spouses and personality clashes are also hardships of life one face in family life.

Another important but neglected adversary one face in family life is the lack of emotional support from family. Emotional support from one's close ones and kins is highly crucial for a healthy life. However, it is a growing tendency throughout the world that family members are emotionally detached. They hardly spend sometimes with each other. According to reports, this lack of empathy from family members can increase mental health issues like depression and social alienation particularly among sensitive people.

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People who need special attention from family suffer a lot due to such treatments. Thus, lack of sympathy from family members is another agony one can face in family life.

The hardships and suffering of life are not specific to individual of family life, rather, people face a lot of problems in social life such as in the form of competition and selfishness in the anarchic world. The world is full of greed, ~~and~~ envy and selfishness. Everyone tries their best to get maximum benefit in the cost of loss of others. In such a scenario, people have to compete with their best otherwise they will vanish. It is comprehensible from realist perspective that humans are greedy and selfish by nature and do not care about others' sufferings. So, competition in the selfish world is a potential hardship of social life.

Humans can also face hardships in social life and can suffer due to cultural, social and religious norms and barriers. It is a fact that culture, society and religion restrict humans in way or the way. Humans are not supposed to live independently or in their own way due to such restrictions. Every restriction either from culture, society or religion brings agony in one's life by taking away ~~the~~ his or her happiness. It is therefore numerous philosophers and thinkers ~~from~~ including Locke, Rousseau and others have criticized religion and cultural norms and advocated for such a system which brings maximum joy in humans' life. It is therefore, cultural, social and religious norms bring sufferings in people lives.

The sufferings of social life are not limited to socio-cultural or religious barriers but there are restrictions of

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State laws and the respective governments in humans lives. The state laws and various regimes limit ~~barred~~ people movement, speech, association and other rights. Although, the United Nations Declaration of Human Rights and constitutions of different countries guarantee the fundamental rights but that are only on theoretical grounds. In ~~reality~~ reality, they are not in practice or limited to some classes. The condition in third world countries is even worse where people face forced disappearances, extrajudicial killings and executions for ~~use~~ exercising their fundamental rights. Therefore, humans suffer a great deal due to governmental and state laws.

These hardships of life, which Shelley has called "thorns", have a deep and negative impact on people, chief among them are the issues of mental

health and depression. The problems people face either at individual, family or social level have direct impact on their psyche. The sufferings of life affect them mentally. The rising mental issues and depression shows how people have been affected by miseries of life. Thus, the adversaries of life negatively impacting the mental health of people and causes depression.

Another impact of the miseries of life is hopelessness and the cases of suicides throughout the world. The hardships one face affect one to the level that he or she becomes so ~~hope~~ pessimistic and forced to take his or her own life. According to the reports, mostly suicides occur because people get fed up of life due to their persisting problems and become hopeless. Thus, the prevailing hopelessness and cases of suicides are

one of the negative impact of difficulties of life.

The involvement of people in crimes is another negative impact of hardships of life. The miseries of life left no options for people but to take the law into their hands and commit crimes. People who struggle for life get involve in robbery ^{or theft} to feed themselves and their children. Similarly, people who get mad due to the ~~mad~~ depression caused by the thorns of life get involve in heinous crimes like murder. According to reports, the socio-economic and religio-cultural elements have a great role to make a person a criminal. So, the sufferings of life compel people to get involve in criminal activities.

Although life is full of hardships

and problems; however, by adopting certain ways the miseries of life can be dealt; chief among them is resilience to the hardships of life. The thorns of life mean to break people but showing resilience and toughness one can face them. ~~the~~ A resilient person does not fail and does not afraid to face his or her agonies happily. He or she believes that the problems do not leave or get solved on their own. Therefore, such a person shows strength and try to solve the issues and succeed. A typical example of such resilience are the people of Germany who are get destroyed twice by the great wars but they showed resilience every and build themselves and their country again and again. Thus, by showing resilience the hardships of the world can be overcome.

Another way to deal with ~~the~~ the worldly issues is accepting them as

parts of life and reframing one's mind accordingly. The problems of life are there and ~~or~~ no one can run away from them. Therefore, if people one acknowledges them and think positively then most of the issues get solved automatically. It is because most of the problems are the creation of our own mind and illusionary.

Shakespeare referred to such illusionary problems in his famous play, "Julius Caesar" as; "The fault, dear Brutus, is not in our stars, but in ourselves." Hence, such problems can be solved by accepting them and reframing mind.

The most important way to deal with the issues of life is ~~not~~ through keeping faith and hope. Faith and hope gives humans satisfaction that their ~~a~~ miseries are not permanent rather temporary. ~~The~~ Faith and hope make people to remain optimistic and expect good. Ywal Noah

Harasi argues that if there would be no religion or faith system then ~~the~~ ^{the} ~~mis~~ ^{mis} people miseries would ^{have} been far more greater than they are now because faith and hope for betterment in the life hereafter make them remain satisfied and optimistic (21 Lessons for the 21st century). Hence, by keeping faith and hope the hardships of life can be minimized.

In a nutshell, the miseries of life are real. Life is the combination of crest and trough. Humans have to face hardships but there are joys as well. The worldly life test humans frequently with adversaries. Shelley has ~~escaped~~ ^{escaped} up this enigma of life in his famous ~~poem~~ ^{poem}, "I fell upon the thorns of life! I bleed". To him hurdles and agonies are thorns of life. These problems and miseries come every now and then. Humans face severe issues from birth till death in

both individual and collective life in the form of struggle for ~~ext~~ survival, better life, social recognition, family issues like generational gap between parents and offsprings, quarrel with spouses, lack of empathy, competition, selfishness and various religio-cultural, social and governmental restrictions. These thorns of life affect humans negatively and give birth to other issues like mental health issues and depression, suicides, hopelessness and involvement in crimes. In Shelley's route, however, there is the message to show ~~of~~ resilience to the worldly affairs in deeper level. The problems can be solved if people accept them as part of life and think positively while keeping faith and hope.

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