

MOCKS

ENGLISH ESSAY.

REGISTRATION NO: 34504

BATCH = 065 (6pm-9pm).

Outline

1 : Introduction

1.1: Attention grabber: Despair is not an Option.

1.2: Background Information.

1.3: Thesis statement: While some people actively work to bury their past and move on, others find themselves trapped or overwhelmed by it, illustrating the power of personal choice, resilience and coping mechanisms.

2. Burying the Past: Moving Forward

2.1: Definition of "Burying the Past" - Confront, Forgive and let go.

2.2: Methods to Bury the Past.

2.2.1: Therapeutic techniques.

2.2.2: Personal growth and Self-reflection.

2.2.3: Forgiveness and Closure

2.3: Examples of people who buried their Past.

2.4: Positive outcomes of burying the Past:

2.4.1: mental peace.

2.4.2: Emotional growth

2.4.3: New opportunities.

3. When the past buries the person

3.1: Definition of "the Past burying the person".

~~3.2~~: Causes of being buried by the Past.

3.2.1: Trauma and unsolved issues.

3.2.2: Absence of support system.

3.2.3: Regret and Guilt.

3.3: Examples of people buried by their Past.

3.4: Negative outcomes

3.4.1: Depression

3.4.2: Stagnation.

3.4.3: Self-sabotaging behaviour.

4. Factors determining whether one buries the past or is buried by it.

4.1: Personal resilience and coping skills.

4.2: Support systems

4.3: Access to resources.

4.4: Mindset and perception of the past.

5. Conclusion

"Some people bury their past, while for others, their past buries them".

"Despair not of relief from Allah. Indeed, no one despairs of relief from Allah except the disbelieving people" - (Quran 12:87). Our past holds great importance for us. For some, it is their most prized possession. While for others, it is their biggest disappointment. Dwelling on the past, in both conditions, is neither ideal nor encouraged. Holding on to a painful past is equivalent to holding a scalding metal in one's hand. Only by letting go does one truly begin to heal. A person once burned will forever flinch at the sight of any hot substance but still continues about their lives.

Similarly, we should learn from our pasts, and ultimately let go of that which stagnates.

Obstacles, no matter how daunting can be overcome with perseverance, courage and determination. Whereas, individuals with low self esteem, societal and personal

Obstacles often find themselves trapped or overwhelmed by them. This causes them to fall back into a ~~is~~ never-ending cycle of despair.

Burying the past and moving forward, in most cases, is an intentional process. It is acknowledging what happened and choosing to move ahead despite it. It ~~is~~ can be a healing process and often involves forgiving others and oneself and finding peace with ~~what~~ that which can't be changed, our past.

By learning from past mistakes and seeing them as lessons ~~and~~ rather than burdens we can

bury the past. Some times there is a need ~~is~~ for ~~is~~ a more active approach in dealing with trauma such as therapy counseling, meditation and mindful efforts. For most people, their pasts come to haunt them due to grudges, unfinished businesses or episodes. Learning to release these grudges and negative emotions through forgiveness and ~~prescribing~~ ^{giving} proper closure to dangling ~~and~~ memories helps one move forward without regrets and guilt.

In life, obstacles are an inevitable part of achieving anything. While we have no control over the past and little to no control over the future, we can accept responsibility ~~and~~ for actions that we take today - Walt Disney, a man who survived an impoverished childhood, lived through World War I, and the Great Depression, still managed to build "the happiest place on Earth" more famously known as Disneyland. According to Walt, "It is good to have a failure while you're young because it teaches you so much. Once you've lived through the worst, you're never quite as vulnerable afterwards".

Another powerful illustration of overcoming overwhelming obstacles to achieve extraordinary success is none other than Helen Keller. Helen Keller was left deaf and blind following an illness during her childhood. At the time she led a life of isolation and dependency but her determination to communicate and learn was unyielding. Keller went on to become an advocate for disabled people and

was the first deaf-blind person to earn a Bachelor's of Arts degree. Her story and work continues to motivate millions around the world. Such resilience brings about increased mental peace, emotional growth and the ability to pursue new opportunities without emotional baggage.

Although ~~by~~ by now we have understood the importance of confronting and letting go ~~of the~~ past, ~~where~~ there are still many individuals trapped in their past and buried with it.

The past buries people. Holding on to old memories, regrets, missed opportunities, or mistakes can weigh us down, keeping us from moving forward. It can feel like being "buried" under layers of memories and unchangeable events, which stops people from growing. Just as soil keeps things from surfacing, old experiences can keep a person from fully engaging in the present or planning for the future.

In most cases, past trauma ~~and~~, unresolved issues or events that are too painful to remember, resurface and impact daily life. The absence of emotional or social support to help navigate ~~from~~ through such trauma hinders the present and future well-being of individuals. ~~These~~ Feelings ~~of~~ of invalidation mould into feelings of remorse and what-ifs start to weigh the person down.

In most cases, such people fall into depression and create a bubble of mistrust around them. Many athletes experience ~~a~~ a similar situation when they get injured early-on in their careers; they fall pray to stagnation and isolation, ~~since~~ ^{as} their lifelong effort ~~end~~ comes to a sudden end. Restlessness and listlessness cave in leading to feelings to hopelessness and ~~unwillingness~~ unwillingness to change - ~~that~~ Once down this spiral, the ultimate end, for most individuals, is the beginning of a ~~very~~ ^{mentally} excruciating experience of suicidal thoughts. Such that the person ends their life and gets buried with their past, literally.

many people like to live life in black and white, right and wrong, this and that. Such clear distinctions and ~~rigidity~~ ^{classifying} results in even small ~~failures~~ setbacks as failures, or mistakes as a blunder or lapse of judgment. ~~Such~~ ~~strong~~ ^{This} ~~strict~~ type of criticism; that is neither constructive nor positive; ~~gives~~ towards others or oneself; give rise to ~~the~~ feeling of incompetency and negativity. Which a person many never grow out of.

On the other hand, if the same criticism is done in a more positive and uplifting manner, it gives rise to ~~feelings~~ of support and positive mindset development.

While coping with the past; personal resilience is the main driving force. Then we have support systems of family and friends - ~~that~~ ~~help~~ ~~at~~. Access to resources is also one of the major ^{factor} ~~reasons~~ for developing a healthy mindset and relation with one's past. And those who see failures and challenges as opportunities to growth find it easier to bury the past.

People handle their pasts differently. Some learn, ~~breath~~^{breath and} let go. While others are trapped and suffocated - The past shapes who we are; it is part of our identity. It influences how we navigate through life. Embracing it constructively means learning from our experiences and using them to make wiser choices. Constructively dealing with the past is about balancing reflection with action, understanding it without being hindered by it and finding ways to transform its lessons into growth.