

An Idiom: Count Your Blessings

Did you ever have a day, or a week or even a year when everything seemed to go wrong? I'm sure that, if you did and you told a friend, they probably said something like “look on the bright side: you could be dead” or “think positively, at least you have your health.”

I will be honest and admit that, when I'm feeling sorry for myself, I can't stand those people. I want other people to agree that my life really is the hardest that there ever was. That's not what this idiom is about, though, it's about looking on the bright side.

As you listen to this recording, try to catch the 'original' meaning of the word 'blessing.'

After You've Heard the Recording

Is there a similar saying in your own language? What do you tell someone who's having a bad day or week? Are you the kind of person who can count his blessings or do you—like me, sometimes—focus on the negative a lot?