

AI-03400 Trying Even Hard

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Tags	Life
Created time	@January 22, 2026 4:27 PM

Enlighten me, “sometimes trying is the only thing we can do”. List 22 examples when those phrases fits.

That line lands because it speaks to **agency without guarantees**. It’s what’s left when outcomes are uncertain, control is partial, and *not trying* would quietly corrode your integrity. “Trying” becomes an ethical act, not a strategy.

Here are **22 moments when “sometimes trying is the only thing we can do” fits perfectly**:

1. Sitting with a loved one who is dying—no fixing, just presence.
2. Apologizing sincerely when you can’t undo the damage.
3. Applying for a role when age, timing, or bias may already be stacked against you.
4. Starting rehab after an injury with no promise of full recovery.
5. Showing up for therapy when clarity hasn’t arrived yet.
6. Telling the truth even when it may cost you the relationship.
7. Parenting a struggling child when no advice seems to work.
8. Staying sober *today* without promising anything about tomorrow.
9. Reaching out to someone who has pulled away, knowing they may not respond.
10. Voting or advocating when change feels glacial.
11. Beginning to exercise again after a major health scare.
12. Writing the first page when motivation is gone.

13. Learning to trust again after betrayal.
14. Starting over financially in mid- or late-life.
15. Praying or meditating when faith feels thin.
16. Forgiving someone who may never apologize.
17. Asking for help when pride is screaming "don't."
18. Leaving a familiar life because staying would slowly break you.
19. Caring for aging parents while knowing decline is inevitable.
20. Loving someone without certainty they'll stay.
21. Showing kindness in a culture that rewards cynicism.
22. Choosing not to give up—without needing a reason beyond self-respect.

The quiet wisdom embedded in the phrase is this:

Trying is not about optimism. It's about alignment.

You try because *who you are* demands it, not because the universe owes you a result.

If you want, I can:

- Contrast **trying vs forcing**
- Map this idea to **Stoicism, Buddhism, and modern psychology**
- Or turn this into a short personal mantra or life rule you can carry forward

Gemini

The phrase "**sometimes trying is the only thing we can do**" captures the essence of human resilience when we face situations beyond our control. It's the recognition that while we cannot guarantee an outcome, we can always choose our effort.

Here are 22 examples of life situations where this philosophy holds true:

Personal Growth & Mental Health

1. **Grief and Loss:** When a loved one passes, you cannot "fix" the death; you can only try to get through each hour and breathe.

2. **Overcoming Addiction:** Recovery isn't a straight line. Some days, the only victory is trying to stay sober for one more minute.
3. **Chronic Illness:** On days when your body won't cooperate, simply trying to do a small task like making tea is a monumental effort.
4. **Healing Trauma:** You can't force your brain to heal faster. You can only try to show up for therapy and be patient with yourself.
5. **Learning a New Skill:** When you're a beginner at something difficult (like a language or instrument), you will fail often; the only path forward is the attempt.

Relationships & Connection

1. **Parenting:** You can't control who your child becomes, but you can try to be a steady, loving presence every day.
2. **Saving a Marriage:** If a partner is distant, you cannot force their heart to change; you can only try to communicate and be vulnerable.
3. **Unrequited Love:** You cannot make someone love you, but you can try to move on with dignity.
4. **Elderly Care:** When a parent's health is fading, you can't stop time; you can only try to make them comfortable and feel loved.

Career & Ambition

1. **The Job Search:** You can't control the recruiter's decision, but you can try to send out that next application.
2. **Starting a Business:** Markets are unpredictable. You can't guarantee success, but you can try to iterate on your idea.
3. **Creative Blocks:** A writer cannot force a masterpiece, but they can try to sit at the desk and put one word after another.
4. **Facing Redundancy:** When a company closes, you can't stop the layoff; you can only try to pivot and look for the next door.

Existential & Uncontrollable Events

1. **Natural Disasters:** In the wake of a storm, you can't undo the damage; you can only try to clear the debris and rebuild.
2. **Injustice:** When facing systemic problems, one person can't fix the world, but they can try to speak up and act ethically.
3. **Aging:** You cannot stop the clock, but you can try to age with grace and maintain your health.
4. **Economic Downturns:** You can't fix the global economy, but you can try to manage your own budget and stay resilient.

Moral & Internal Struggles

1. **Forgiving Yourself:** You can't change the past. You can only try to be a better person today than you were yesterday.
2. **Fear of the Unknown:** When the future is terrifying, you can't see what's coming; you can only try to take the next right step.
3. **Meditation:** You can't always quiet the mind, but you can try to return to your breath every time it wanders.
4. **Setting Boundaries:** You can't control how people react to your "no," but you can try to protect your peace anyway.
5. **Hope:** When things look bleak, you can't logically prove they will get better; you can only try to believe that they might.

"Effort is the only thing over which we have total agency. The outcome belongs to the world."

Would you like me to help you draft an affirmation or a short piece of writing based on one of these specific scenarios?

CoPilot

✨ That phrase captures the essence of resilience — moments when effort itself is the victory, regardless of outcome. Here are **22 examples** where *"sometimes trying is the only thing we can do"* truly fits:

Personal Growth & Challenges

1. Learning a new language even when progress feels slow.
 2. Applying for jobs despite repeated rejections.
 3. Starting therapy when healing feels uncertain.
 4. Writing a book draft without knowing if it will ever be published.
 5. Practicing a musical instrument when mastery seems far away.
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Health & Well-being

1. Exercising after an injury to regain strength.
 2. Sticking to a diet plan despite setbacks.
 3. Managing anxiety with mindfulness even when it doesn't "fix" everything.
 4. Quitting smoking after multiple failed attempts.
 5. Taking medication regularly even when improvement is gradual.
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Relationships & Community

1. Reaching out to a friend who has grown distant.
 2. Apologizing sincerely even if forgiveness isn't guaranteed.
 3. Parenting through tough teenage years.
 4. Volunteering in a community where change feels slow.
 5. Mediating a family conflict that may never fully resolve.
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Dreams & Ambitions

1. Pitching a startup idea despite the risk of rejection.
 2. Auditioning for a role with slim chances of success.
 3. Submitting artwork to a gallery without knowing if it will be accepted.
 4. Entering a competition where odds are stacked against you.
 5. Saving small amounts of money toward a big goal.
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Life's Uncertainties

1. Coping with grief by simply getting out of bed each day.
2. Facing climate change by making small sustainable choices, even if they feel insignificant.

👉 The beauty of this phrase is that it reframes effort as meaning in itself — sometimes the act of trying is the victory, not the outcome.

Would you like me to expand these into a **short motivational narrative** that ties them together, almost like a speech you could use to inspire others?

Claude

Here are 22 examples where "sometimes trying is the only thing we can do" truly resonates:

1. When you're applying for your dream job knowing hundreds of others are competing for the same position.
2. When you're attempting to comfort a grieving friend and no words seem adequate, but your presence and effort matter.
3. When you're learning a difficult skill like playing an instrument and progress feels impossibly slow.
4. When you're trying to save a failing relationship and the outcome is uncertain.
5. When you're starting a business with limited resources and no guarantee of success.
6. When you're fighting a serious illness and the prognosis is unclear.
7. When you're reaching out to reconnect with an estranged family member, unsure if they'll respond.
8. When you're submitting your creative work for publication after countless rejections.
9. When you're attempting to break an addiction, knowing relapse is a real possibility.
10. When you're trying to help someone who doesn't seem to want help.
11. When you're studying for an exam you might fail despite your best efforts.

12. When you're attempting to solve a problem at work that's beyond your current expertise.
13. When you're trying to conceive after months or years of disappointment.
14. When you're learning to walk again after an accident.
15. When you're asking someone out, risking rejection.
16. When you're trying to forgive someone who deeply hurt you.
17. When you're attempting to make peace with a terminal diagnosis.
18. When you're raising a troubled teenager and nothing seems to get through.
19. When you're trying to save enough money for something important despite financial struggles.
20. When you're attempting to speak up against injustice knowing you might face backlash.
21. When you're trying to rebuild your life after a devastating loss.
22. When you're making one more attempt at something you've failed at repeatedly, because giving up feels worse than trying again.

Meta

"Sometimes trying is the only thing we can do"

This phrase acknowledges that in certain situations, the best course of action is to simply make an effort, even if the outcome is uncertain.

22 Examples When This Phrase Fits

1. Pursuing a dream job: You may not have all the qualifications, but applying is a start.
2. Asking someone out: You might get rejected, but you'll never know unless you try.
3. Starting a new business: It's a risk, but taking the leap can lead to success.
4. Moving to a new city: It's scary, but it can be a great opportunity.
5. Learning a new skill: It takes effort, but you'll improve with practice.

6. Overcoming a fear: Facing your fears can be liberating.
7. Making amends: Reaching out to apologize can be tough, but it's often worth it.
8. Joining a new club or group: Putting yourself out there can lead to new connections.
9. Taking a risk: Stepping out of your comfort zone can lead to growth.
10. Writing a book: It takes time and effort, but it can be a fulfilling experience.
11. Running a marathon: Training is tough, but crossing the finish line is a great feeling.
12. Starting a new relationship: It's a risk, but it can lead to love and connection.
13. Changing careers: It's a big decision, but it can be a great opportunity.
14. Speaking up: Sharing your thoughts and opinions can be scary, but it's often worth it.
15. Traveling alone: It can be intimidating, but it's a great way to learn and grow.
16. Learning a new language: It's challenging, but it's a valuable skill.
17. Starting a new exercise routine: It's tough at first, but it gets easier with time.
18. Facing a difficult conversation: Avoiding it can be worse than having the conversation.
19. Taking a creative risk: Putting your work out there can be scary, but it's often worth it.
20. Applying for a scholarship: You might not get it, but it's worth a shot.
21. Starting a new hobby: It's okay to start slow, but trying is the first step.
22. Seeking help: Asking for support can be tough, but it's a sign of strength.