

## What am I reacting to?

What's happening with me: thoughts, emotions, sensations?

What meaning am I giving it?

- Is this fact or opinion?
- Is there anything I can change about this situation, right now?
  - How important is it?
  - How important will it be in a year?
  - What would someone else make of this?
- What would I say to a friend?
- What's the bigger picture?

## What are my options?

### CHANGE

- What can I change?
  - Environment
  - Situation
  - My reaction
- How can I make the changes?
- What resources do I need?
- When can I do it?
- What do I do first?

### ACCEPT

- It is as it is
- I don't have to agree with it, or judge it good or bad
- I can always come back to it later
- I can keep my options open
- This is a normal body reaction
- I don't have to fight it, or try to stop it.
- It will pass

### LET GO

- Is it worth it?
- Is this something I can leave or let go of, and move on from?

## What can I do that will best help me/others/the situation right now?