

Personal Reflection Exercises...

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I am actively engaged in the course of my life because I know that situations do not control me. Sometimes circumstances *do* occur unexpectedly and often in ways other than what I might have wished. However, how I respond to those circumstances is up to me.

I look at the situations in my life objectively. ***I have outgrown the need to respond impulsively*** to stressful situations. Instead, I allow myself to take a step back and analyze circumstances to decide on the best course of action.

While I am an adult and I make my own decisions, I am open to the insights of others. I keep myself connected to others because I am fully aware that I will always have much to learn about life. ***I embrace the input of those who can teach and guide me into making healthy choices.***

No one, however, makes my decisions for me. I am where I am because I *choose* to be here. If I stay here, it is my choice and I do so with an open mind and heart, yet ***I remain eager and ready to soak in everything I can from my current place in history.***

If I decide that this situation is unhealthy or unsuitable for me, I move on. I let go of the need to blame my unhappiness on my circumstances or on others. Blame has never solved my problems. I am free to change my circumstances if, after mature reflection, I decide that doing so would be my best course of action.

Self-Reflection Questions:

1. Am I accepting responsibility for my own happiness?
2. Are there situations in which I have allowed myself to be a victim rather than taking charge of my own destiny?
3. Is there a situation in my life that needs to be altered? What is the first step I need to take to do so?