






Three Choices in Every Situation

 When faced with a situation, we have three choices:

1. Accept the situation as it is
2. Try and change the situation
3. Flee

 The choices that you pick will depend on the circumstances. You don't have to try and change a situation if you feel it would not be in your best interests to try.

 If you can't change the situation and you can't accept it as it is, it's time to wave around the Magic Torch of Destiny and make plans to move on.

Application Question/Activity:

When facing a situation that you don't like, ask yourself these questions:

1. Can I truly accept the situation as it is without harming my physical or mental health?
2. What can I do to change this situation? Do I want to try and change it?
3. How can I get out of this situation if I can't accept or change it?

Remember: your circumstances, goals, and values will help you to make the best decision for you.