

CONTROL

Make a list of the challenges or issues you are facing. (I know you know what/where they are. At this point, you've been working with them at many levels.)

If one of them has a greater impact on your sense of safety or wholeness, move it to the top and reorder the others. Now you have a start. Address the top issue first.

How does this issue negatively affect your emotions or make you feel bad? When does that happen? How do you notice it? Where in your body do you notice it?

Recognizing what needs to change in your life and starting the process of self-action is a great first step to claiming control. You can't park in the traffic circle, so you'll feel much safer to move forward. If your first choice doesn't feel better, you can make another.

Next, set boundaries. What can you do to make a change for the better on that top issue? You already know you can't stay where you are, so pick a way out of the traffic circle.

What can you return to others that is not yours to carry? Those things, such as their reactions or judgment, block your options when you're choosing your path.

What next step will develop healthy new patterns or habits? It's always about taking the next step...and holding yourself accountable. This builds personal integrity and confidence. The more confidence you feel, the stronger and safer you will feel to persist in a new direction. For example, if your issue is a fear of flying, you could plan how to keep your mind occupied on other things while you're on the plane. You could build a list of power statements that encourage you to focus on your strengths and what you *can* control. That's more productive than focusing on fear.
