5 CHOICES

Describe the situation:

You have five choices. You can:

1. Suffer, be a victim to the situation.
2. Avoid the situation.
3. Change the situation.
4. Alter your experience of the situation.
5. Accept the situation.

Which choice represents how you're currently responding?

Which choice represents how you would like to respond?

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Describe how you'll feel when you respond to the situation differently.

What is your plan for responding in the new way?

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