

## PSYCHOLOGICAL FLEXIBILITY

# 7 Steps to Moving Thru a Difficult Experience

1. In this given situation, take a look at what is missing, what you are wishing for, and/or what matters that is currently not going the way you wish it would.

2. Look at how your mind is working to problem solve. What are you doing? What are you not doing? What are you thinking? What are the physical sensations?

3. Take a look at the solutions you came up with. How are these thoughts and actions working for you? Be open and honest. Do these actions move you towards or away from who you want to be? Are they long term or short-term goals? Do they actually contribute to the problem or do they make harder to get what you most deeply want?

4. Look at what you hope to expect and then compare this to what is your actual experience. Are you going to believe your mind, that thought, or that belief or are you going to believe your experience?

5. Note the common theme in these failed attempts and question whether the outcome is realistic. Have you taken these steps before, but were hoping for a different outcome? Is that line of thought rational? Doing the same thing, but expecting a different result?

6. When is enough enough? What other actions might you take that align with what matters to you, what you value? They might seem counter-intuitive. What other question might you ask that would give you access to a completely different outcome? What belief would you need to give up in order to be able to move forward?

7. Be open to explore the unknown. Come up with new choices, careful not to dismiss them outright. Note and appreciate them. Are you willing to experience as certain degree of uneasiness and move directly and immediately toward satisfying the underlying matter of importance. What do you need to identify to move towards your values, instead of doing what you always do and moving away from them?

The new answer to the old question is not a new answer.  
The beginning of the new answer is to abandon the question and belief itself.

You become what you believe.

