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LIVE BY WHAT YOU CAN CONTROL

The best known and shortest version of the Serenity Prayer is by 20th century American Christian theologian Reinhold Niebuhr (1892–1971):

God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.

Whether said as a prayer or expressed as a philosophy of life, psychologists recognize the wisdom of knowing the boundaries between the things we can control and those we can't.

Here is a list of things you cannot control. In each instance, what you can control is how you respond.

What You Can Not Control	You Can Control
Other people's responses	What you say or do when responding to others
The thoughts that pop into your head	How to those thoughts
Whether people always meet or put your needs first	How you respond and if you meet the needs of others
Whether you will succeed in everything you do	How much you give to your success and what you do when you fail
Everything that happens in life	How you respond to the things that happen
What other people think of you	How you respond to criticism
How you feel	How you deal with your emotions and the thoughts that trigger negative feelings.
How long you have to live	Whether you make the most of the time you have.

What do these statements really mean? We should measure the quality of our lives, not by what we think we can control. We should measure it by how we lead our lives. You will appreciate life when you let go of the "what if", "if only" etc. and deal with "what is." The word for this attitude is acceptance. Simply embrace living your life day-to-day and appreciate what each moment offers. Enjoy the simple pleasures of life. Stop fretting about what you don't have, what you don't like, and what did not go your way. Make your best effort and accept whatever happens, no matter how disappointing the outcome may be; accept it and move on.

"Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth. You have power over your mind—not outside events. Realize this, and you will find strength." Marcus Aurelius (121 – 180 AD).

CONTROL WORKSHEET

Determining What “To Do” or “Not To Do”

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