

1. The “What’s Mine / What’s Not” Exercise

Create 3 columns in your notebook:

Column 1: Situation

Think of a current relationship tension (family, spouse, adult child, parent, friend)

Column 2: What I *Can* Control

- My words
- My tone
- My boundaries
- My presence (calm vs reactive)
- Whether I engage or step back

Column 3: What I *Cannot* Control

- Their choices
- Their emotions
- Their timing
- Their healing
- Their reactions to me

👉 Then ask:

- *Where am I acting like I control something in column 3?*
- *What is that costing me emotionally?*

2. The “Choice Ownership” Layer

Consider the situation you’re in now:

- **Their choice is:** _____
- **My choice is:** _____

Then push it one step further:

- *If I fully accept their choice... what becomes possible for me?*
- *If I resist their choice... what continues?*

3. “How Do I Want to Show Up?”

“In this situation, how do I want to feel?”

A few example ideas:

- calm
- grounded
- loving
- clear
- steady
- honest

“What would a person who feels that way actually *do* in this situation?”

4. Pre-Conversation Reset

Before a hard interaction, I will remind myself:

- I cannot control: _____
- I can control: _____
- Today I choose to show up as: _____

Optional add-on:

“Even if they don’t change, I will still be okay because _____.”