

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: REFLECT ON ALL ASPECTS OF A SITUATION



***Are you having a hard time understanding what's going on around you? Take a moment to reflect on the different elements of the situation. This can help you to not only better comprehend the situation, but also reveal actions steps that you can take!***

*We are surrounded by difficult and complex situations. From the pandemic to the recent protests, there are a lot of different events happening around us and sometimes it is hard to fully understand them as well as our part in them. One way to clarify these situations, whether it's understanding the protests or simply understanding a difficult interpersonal situation with a family member, is to break them down into their basic aspects. By doing this we can simplify a complex situation so we can better understand it as well as understand our part in it. We can determine how our actions have impacted it as well as how we can change our actions for better results in the future. This, however, takes courage as it is hard to face our own past failings, but through facing these failings we can improve future situations.*

### Practice Courage Today:



1. REFLECT ON A DIFFICULT SITUATION THAT YOU HAVE BEEN FACING, PAST OR PRESENT.
2. USING A PEN AND PAPER, WRITE OUT THE SITUATION AND BREAK IT DOWN INTO ITS BASIC ELEMENTS. WHAT CAUSED THE SITUATION TO OCCUR? WHO WAS INVOLVED? HOW DID YOU REACT? WHAT EMOTIONS DID THIS SITUATION EVOKE IN YOU? HOW WAS THE SITUATION RESOLVED? WAS THE SITUATION RESOLVED?
3. NOW THAT YOU'VE BROKEN THE SITUATION DOWN, REFLECT ON THE ASPECTS OF IT THAT YOU HAVE CONTROL OVER. DEPENDING ON WHAT THE SITUATION IS/WAS, YOU MAY HAVE CONTROL OVER ALL OF IT OR ONLY YOUR REACTION TO IT.
4. FOCUS ON THOSE ASPECTS THAT YOU HAVE CONTROL OVER AND REFLECT ON HOW YOUR ACTIONS IN THIS SITUATION MADE IT BETTER OR WORSE.
5. BUILD ON THE STRENGTHS THAT YOU NOTED FROM THE SITUATION AND ACKNOWLEDGE YOUR WEAKNESSES.



### Parent Practice Tip:

**Breaking down a situation into its components can be therapeutic as well as a great way to better understand what happened. Use this throughout the day whenever you feel frustrated or angry.**

### To Learn More:

**What is Courage?**

**Raise Emotional awareness**

**[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)**