

DEALING WITH UNCONTROLLABLE SITUATIONS

Must be aware that we cannot fully control every situation BUT:

- do not give up
- deal with it in an active way
- engage in other activities to cope with situation
- gain accurate understanding of possibilities and limits of control

Self-knowledge about control allows the ability to invest time and energy in actions that lie within personal control and avoid wasting time on actions that cannot be controlled.

Ineffective Control

Over Control: become trapped with the process of trying to control the situation which is detrimental to well-being.

Passive Coping: is not taking any action and allowing others to modify or control situation leading to feelings of helplessness.

Effective Control

Surrendering Control: active intentional process, surrendering to the uncontrollable and accepting that you cannot change the situation.

Active Coping: involves using strategies that are problem-solving and taking direct action to deal with the situation and lessen the situation's effects. The nature of the situation is changed or your thinking and feeling about the situation is changed and you rely on your own resources.

Stress Management and Coping Plan:

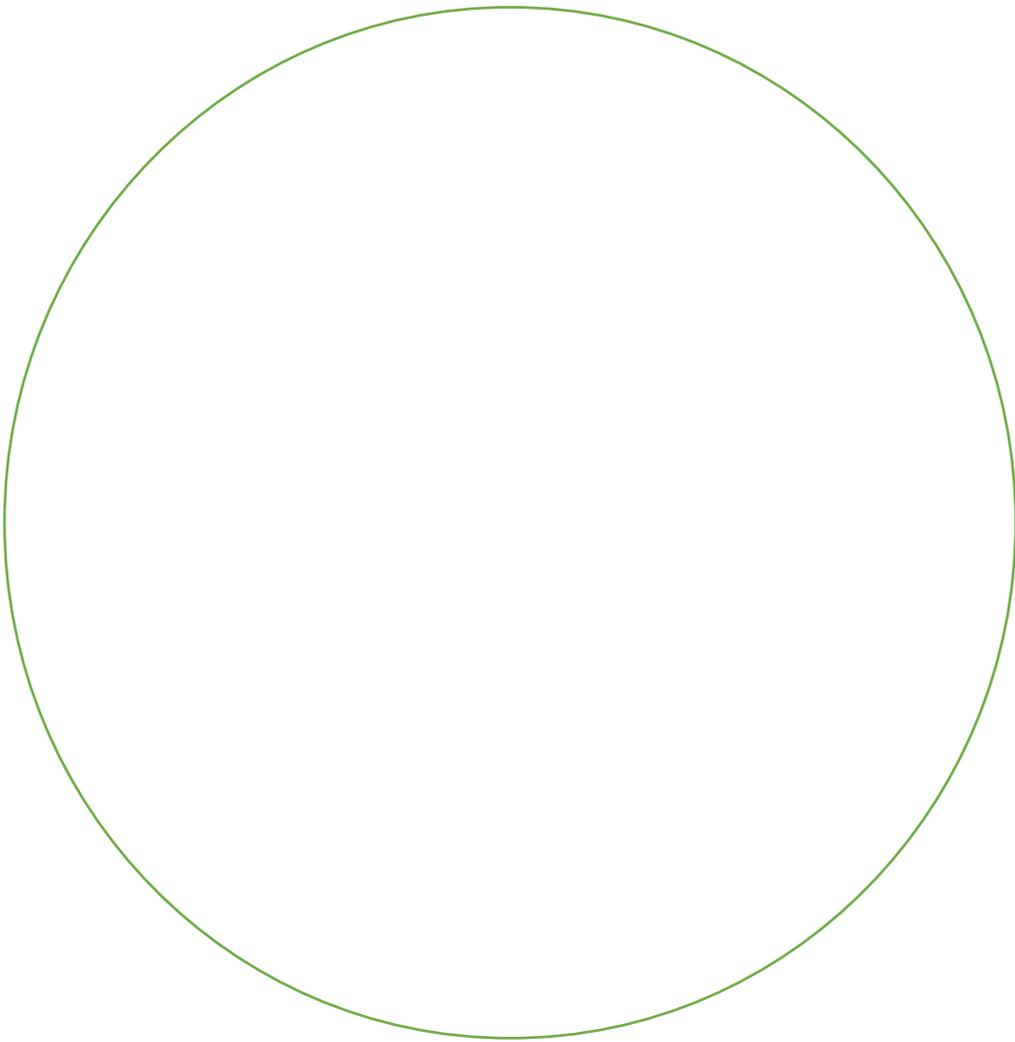
<https://www.youtube.com/watch?v=ozRPhZRd-fA&t=131s>

Activity

1. Consider something that you would like to change

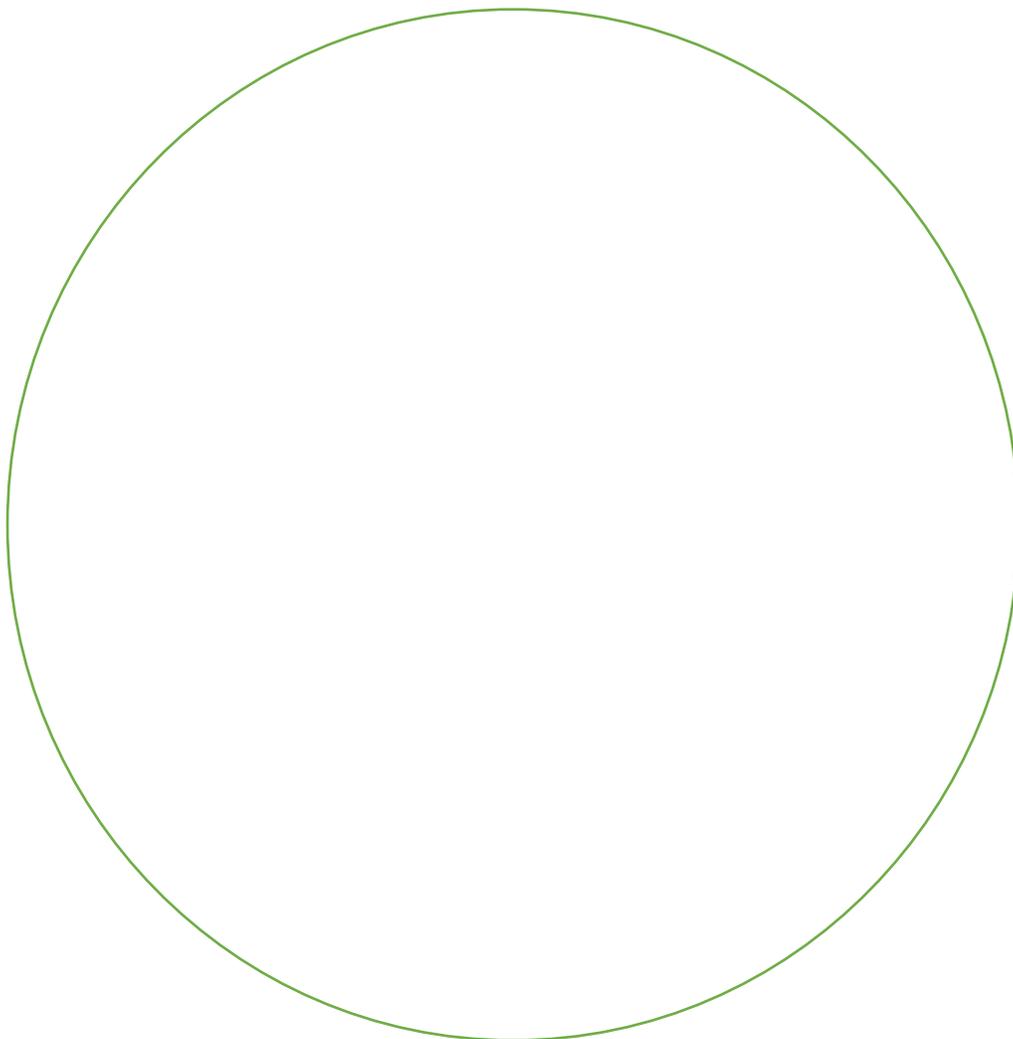
"I would like to: _____."

2. Identify a situation that can be controlled (place in Circle #1).



Circle #1

3. Identify the situation that is not under control (place in Circle #2).



Circle #2

4. Take a look at the controllable situation in step 2 (Circle #1)
 - a. Think of times when you dealt with similar situations.
 - b. How did you deal with this situation?
 - c. What was helpful?
 - d. What was less helpful?
 - e. How do you feel you were able to deal with the uncontrollable situation?
 - f. What is preventing you from dealing with this situation?
 - g. What is the best way to deal with this situation?

5. Take a look at the uncontrollable situation in Step 3 (Circle #2)
 - a. Were you able to “let go” of control?
 - b. How did you “let go?”
 - c. How would you rate the ability to “let go?” (0=not at all able to 10=very able).
 - d. What prevents you from “letting go?”
 - e. What would it be like to “let go?”
 - f. What steps can you take to make “letting go” easier?

Adapted from: The Crisis Kit: 5 Tools for Helping Clients Through Turbulent Times. PositivePsychology.com