

EXERCISE: GETTING LOST – NOT KNOWING AND LOSING CONTROL

Identify at least one way you can begin to play with “not knowing” and losing control in each area of your life.

	Not Knowing and Losing Control
<i>Example: Personal</i>	<i>Instead of getting angry the next time I end up in a long line, I wonder if this is a sign that I need to slow down.</i>
Personal Physical and emotional health; identity; self-esteem	
Relationships Significant other, children, parents, friends, coworkers	
Career/Education Career decisions; attitude toward work	
Spiritual Spiritual practice; time for reflection, etc.	
Financial/Everyday Stuff Managing finances; daily routine and stressors	