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## Responding rather than reacting

### Accept what is, as it is

----Accept and allow your thoughts and feelings to emerge and just be there—the ones you like and the ones you don't like...  
take a few deep breaths and just let your thoughts and feelings be there...  
Take a few more deep breaths...  
and let your thoughts and feelings be there...  
—not judging them  
and not falling into the trap of attempting to avoid them or control them.  
Let them be.  
Remember, to accept them does not mean we like them or the situation...  
Just let your thoughts and feelings be there...let the situation be there...  
And then settle into accepting what is, as it is...  
If you're continuing to have a hard time accepting what is,  
go ahead and accept that you're having a hard time accepting...

### Next focus on your values , what's important to you---is there something about this you want to change---your perspective or the situation?

----Can you change it? Develop and plan a strategy to make the change you discern would be good...engage in NIKE Therapy---just do it---take positive, assertive action.

### Next, if you can't change the situation today, let go:

----Let it go for today.  
Just let it be.  
Let it go... and move on...focus your attention on other things you value.  
Letting go is also a form of taking action.

### Later:

---- If you feel the desire to change it and the time seems right, develop and plan a strategy to make the change you discern would be good...engage in NIKE Therapy—just do it---take positive, assertive action.