|  |  |  |  |
| --- | --- | --- | --- |
| **1** | **It’s an illusion…*** **C:\Users\atalbot\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JDROJ9CL\MP900425490[1].jpgThat you can control anything, other than how you choose to be.**
 | **4** | **It’s a paradox:** * **C:\Users\atalbot\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VYVN7TA6\MP900401705[1].jpgWe have to give up trying to control, in order to gain greater control of ourselves.**
 |
| **2** | **C:\Users\atalbot\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KF3XQLK2\MP900401694[1].jpgYou can’t control** * **what happens to you**
* **how others behave,**
 | **5** | **So,** * **C:\Users\atalbot\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OEJ15BQT\MP900400082[1].jpgaccept things and people for how they are**
* **make a conscious choice of how you want to be instead**
 |
| **3** | **You can control** * **C:\Users\atalbot\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EL5XPPUG\MP900407290[1].jpgHow you want to respond (“the last of the human freedoms” Viktor Frankl)**
 | **6** | **C:\Users\atalbot\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JDROJ9CL\MP900407280[1].jpgAfter all, in reality it’s never the event (or the other person) that’s the problem, it’s how you react to it/them that is!** |