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| --- | --- | --- | --- |
| **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!** |