



PARADOX OF SURRENDER



NAME: _____

DATE: _____

The paradox of surrender refers to the ability to enhance personal control by letting go of control. Rather than trying to control the uncontrollable, surrender involves noticing that there is nothing one can do to change the situation. Even though we can't control the situation, we can still active cope with the situation by controlling our emotions or reframing the situation. Our sense of control is restored when we gain an accurate perception of all the possibilities and all the limits. Reflect on the questions below and then identify active strategies to surrender and cope with uncontrollable circumstances.

1. Describe a current situation that you are struggling to accept (something you resist and wish you could change):

2. What is your initial impression when you hear the word surrender? At first glance, surrender may seem like giving up or pretending that you don't care. Surrender doesn't mean we lose control; it means we gain control over those things that we indeed do have control.

3. Have your attempts at control been successful? What have you tried so far?

4. Is there a time in the past where you experienced a challenging situation, and you were able to surrender? What did you do?

5. Describe your current emotions and thoughts about the challenging situation. What can you do to manage your thoughts and feelings actively?