

CORE SKILL #5: REALITY: Letting Go and Letting Be

Resilience is *sometimes* a matter of 'just' letting go of what cannot be controlled in life.

Are there areas where it is hard to accept reality as it is and not as you wish it would be? What kinds of changes do you fight against even when they are inevitable? Is it ever necessary to embrace ambiguity and yet you find yourself thinking in extremes?

TOOLS

Recognize Where Your Thoughts Aren't Helping You

Sometimes what you are thinking is true, but it is not helpful to spend time thinking about it. For example, "The EMR is slowing me down." You might find it more helpful to think: "I need to use it, to complete my encounter notes."

Radically Accept Reality

Replace willfulness with willingness

Walk the 'Middle Path'

Encourage yourself to embrace change, let go of bitterness, let go of rejecting reality

Think Dialectically about what is happening

Stay away from extreme descriptors such as 'always' or 'never'

Try balancing opposites

See if you can stay attached while letting go