



## Serenity Prayer Exercise

### INSTRUCTIONS:

1. CALL TO MIND SOMETHING THAT IS CURRENTLY STRESSFUL OR WORRYING.
2. SEPARATE INTO TWO COLUMNS THOSE AREAS YOU DO **NOT** HAVE CONTROL OVER (ACCEPT COLUMN) AND EVERYTHING **DO** YOU HAVE CONTROL OVER IN THE SITUATION (ADJUST COLUMN).
3. ONCE YOU'VE COMPLETED YOUR TWO COLUMNS, DRAW A LARGE "X" OVER THE "ACCEPT" COLUMN. WHEN WE BECOME ANXIOUS, WE FOCUS TOO MUCH OF OUR ENERGY ON THINGS WE CANNOT CONTROL. INSTEAD, WE SHOULD PRAY FOR THE COURAGE TO CHANGE THE THINGS THAT WE DO HAVE THE POWER TO CONTROL AND CHANGE (I.E., THE 'ADJUST' COLUMN).
4. THIS WILL SHORT-CUT OVER-THINKING. THE NEXT TIME YOU BECOME OVERWHELMED, ASK YOURSELF, "WHAT PARTS OF THIS SITUATION DO I HAVE CONTROL OVER?" BEGIN THERE AND FORGET ABOUT THOSE PARTS THAT ARE OUT OF YOUR CONTROL.
5. PRAY THE 'SERENITY PRAYER' TO HELP YOU TO REMEMBER THESE STEPS AND NAVIGATE THROUGH ANY FUTURE CHALLENGES.

ACCEPT	ADJUST



## *Serenity Prayer*

**GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE,  
THE COURAGE TO CHANGE THE THINGS I CAN, AND THE WISDOM TO KNOW  
THE DIFFERENCE.**

ACCEPT	ADJUST