

WHAT YOU  
CANNOT  
CONTROL

RESTORING YOU



VIDEO 2

GOD, GRANT  
ME THE  
SERENITY  
TO ACCEPT  
THE THINGS  
I CANNOT  
CHANGE

# WHAT YOU CANNOT CONTROL

## RESTORING YOU VIDEO 2

1. Other People's \_\_\_\_\_

2. Other People's \_\_\_\_\_

3. Other People's \_\_\_\_\_

4. What other people \_\_\_\_\_

5. Whom you are \_\_\_\_\_

6. The passing of \_\_\_\_\_

7. The \_\_\_\_\_

8. The \_\_\_\_\_ of anything. ever.

9. The \_\_\_\_\_

# REFLECT

**Where in your life do you feel responsible for other people and how they feel? How does this make you show up?**

**Where in your life do you feel resentment or frustration due to other people's behaviors? Are there particular people or a person that triggers you most? why? What feelings are underneath the resentment or frustration?**

**Are there particular beliefs or areas of your life that you struggle most or feel angry when someone disagrees with or challenges you? Why?**

**What do you want people to be saying about you? Do your actions and behaviors align with how you want to be seen and known?**

**Are there aspects of your family that you are ashamed of? What exactly? How has this shaped who you are today?**

**In what ways do you fight time in your life? Where do you feel resistance? What are you afraid of or trying to avoid?**

**Are you a planner? Is your plan flexible? What comes up for you when you think about your future?**

**Can you think of a time when something didn't work out the way you wanted it to, but it ended up being BETTER?**

**What do you need to let go from your past? What story are you telling? How does it make you feel?**

# REFLECT

**Which of these areas do you struggle with most? Why?**

**What would it look like if you let go of our need to control in this area? What would you do differently? How would you feel?**