

Reducing the Suffering-Gap

The greater the distance between our expectations (what I think should be) and reality (what actually is), the more suffering we will experience in life.



Reclaim Your Resources

Our energy and resources are finite (not unlimited), and individuals who are more in control of their resources have the ability to CHOOSE where to direct them.

There are three options that exist in any moment:



Resistance:

Resistance has a wide variety of possibilities attached to it, and it lies at the root of the Suffering-Gap. It ties up our energy and resources in mental hamster-wheels without giving us anything real back in return. In this state we don't take any steps towards creating a change, and we also don't allow ourselves to accept the situation. We're stuck in a limbo of dissatisfaction.

When we remember we have a choice, we can look at the other two options to help us move forward.

Change Something:

What is within my control to change? This can be the whole situation, one small part that you realize is causing you the trouble, or it can be the way you are choosing to look at the situation.

1. Change something in the physical world (take action, have a conversation, ask a question, etc.)
2. Change something in the mental world (reframe the situation, choose to look from a different angle, etc.)

Whole-Heartedly Accept:

I choose to give myself permission to consciously let go of this topic. I recognize it is a choice and I am in control. This brings peace of mind and release. *Sometimes we may need to recommit to our acceptance a few times, and we can be compassionate with ourselves as we chose this to increase our own freedom.



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