



# The Power in Choice

Do you ever feel stuck, stressed and frustrated by situations when relationships or situations are not what you feel they should be? Do you focus a lot of energy on going over conversations or incidents wanting others to change, hoping the universe will make things right?

**The fact is that in most situations, you have three choices: walk away, accept it or change.**

Each choice has consequences that first need to be weighted. Some choices are hard to make, others are easy. Having choices gives you power to make situations better.

**Walking away** may mean leaving a relationship, job or situation. Doing so may decrease stress and open you to new opportunities; however, it can also cause a financial burden or loss of love. Knowing you have the choice to walk away gives you power because, if you don't do it, you have made the choice to stay.

**Accepting it** means you accept a situation for what it is. Losing sleep, getting angry or worrying about what someone else will do can waste a lot of your energy. You cannot make someone else change or do the right thing; worrying or obsessing only harms you, not the object of your concern. When you accept that someone will be rude, act out or do things that push your buttons, you no longer have to waste energy and time wondering if it will happen. When you accept that something is what it is, you can relax and let things go more easily. Changing your behavior could cause the other person to change; however, even if they don't, accepting the situation allows you to relax and be less stressed. When you focus on wanting someone or something to change, you give it power. Don't give away your power!

**Changing** means you choose to change how you look at something, how you act or how you feel about it. You can't make anyone else change, but you can choose what you do or say. People often feel they shouldn't change because they aren't the one who caused the problem. The problem with this reasoning is that you are the one who is upset and affected by the situation, not them.

Waiting on someone else to change or do the right thing can keep you stuck. This can cause depression, anger, fear amongst other feelings. Looking at something as a challenge rather than a terrible situation changes how you view it. Choosing to be assertive and express your needs instead of being passive or aggressive gives you power. People often find that as they change their behavior, the other person's behavior changes or, at least, no longer causes them to feel upset.

**Once you make a choice**, whether it's to walk away, accept it or change, learn from your choice, but do not second guess yourself or stress about it. Making choices rather than waiting for others to change gives you power and keeps you in control of your life. If you need help learning how to make good choices or work through this process, reach out.

**Your EAP is available for coaching and counseling. We are here for you. Make the call to 800-327-4968 (TTY: 877-492-7341) or visit [EAP4YOU.COM](http://EAP4YOU.COM) and start taking back your power.**