

Video Blog Mini Series

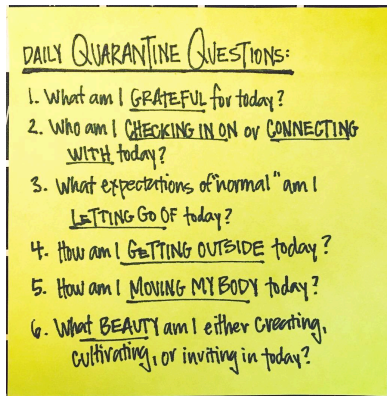
Daily Quarantine Questions:

6 Daily Questions to Ask Yourself during this Pandemic

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Based on the article by Brooke Anderson found at

https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine



It goes without saying that, with the COVID-19 Pandemic, we are going through unprecedented and unusual days. Asking ourselves these 6 *Quarantine Questions*, reflecting on their answers and putting them into action may help to get us through and thrive.

Question 3 – What expectations of “normal” am I letting go of today?

I would argue that the concepts of “letting go” and “accepting” are linked – when we let go of something (expectations, pressures, a strong emotion) we, in turn, accept the way things are. Put another way, we stop resisting and start accepting.

MYTH - Acceptance and letting go are passive and are just about giving up.

FACT - Accepting and letting go are actually very powerful and active. When we choose to accept something we choose to stop using our energy and emotions to fight against what isn't, so that we can start using our energy and emotions to work with what is. This moves our sense of control from outside of ourselves to inside of ourselves.

MYTH - Acceptance or, letting go, means that we are ok with what is going on.

FACT - Acceptance does not mean that we like or condone what is going on, rather it means that we stop wishing that things were different and start engaging with how things are (even if we don't like it.)

Normal (or lack there of) During this Pandemic

Let's face it, hardly anything is "normal" these days so why are we expecting ourselves to feel, think and behave normally? By letting go of expectations of normal we:

- Give ourselves permission to feel unsettled, ungrounded and uncomfortable. Why would we feel anything else in such an unsettled, ungrounded and uncomfortable time?
- Release ourselves from our expectations to behave as we did before. By working at home our work will change. With our kids home all the time our parenting will change. By not being able to go out our activities will change.
- We invite ourselves move away from thinking, "Why is this happening?" "I hate that this is happening?" "I wish that this wasn't happening," to, "OK, this is happening, how am I going to work with it?"
- Open ourselves up to what is happening now, to working with it, and potentially finding something new and unexpected.

*What am I
resisting
right now?*

Quick Tip

A good question to ask ourselves when we're struggling with acceptance is:

What am I resisting right now?

Sometimes when we can figure out what we are resisting and trying to push away we naturally open up to it and start working with it instead.

