

Go With the Flow



Why are some people able to successfully navigate change while others have such a hard time? One of the keys is acceptance.

Resisting change is like rowing against the current. Your future lies before you. But instead, you try to row upstream, back to where you once were.

When you refuse to accept change, you work against the forward momentum taking you to the next phase of your life, and remain stuck in the past.

Every thought that begins with *I can't*, *I won't*, or *I don't* equals resistance. And resistance keeps you stuck.

Align your boat with the direction of the river. Take a rest in your effort to cling to the rock, let go of the oars and go with the flow.

On the other side of acceptance is where peace and healing exists, where the solutions are. Draw on your support system and inner strengths. Begin to trust, and you can reach your highest potential.

From Ariane de Bonvoisin, founder of first30days.com and author of *The First 30 Days: Your Guide to Making Any Change Easier*; taken from Guideposts Magazine, August 2009 and adapted by Susan Shinsky, LPC, NCC, www.susanshinsky.com, (210) 788-0455 and Jayne Morgan-Kidd, LPC, [The Crisis Center of Comal County](http://www.crisiscenter.com), New Braunfels, Texas, 2009.