



## **WHEN THE PRESENT MOMENT IS HARD**

A major part of psychological flexibility is being present. We work hard to get out of our minds and stay in our lives with our families; to connect.

But what about when that present moment isn't so easy? What if we are dealing with problem behaviors, tantrums, and meltdowns in the present moment? What if the present moment is full of worries, anxiety, real-world pressures, and problems?

When life throws all the hard stuff at you, are you still willing to connect to the present moment?

# THE FIXING TRAP

As a mom, our job is to fix things for our kids, right? Wrong! Our first reaction is often to jump in and fix things. But is there a better way?



When things are hard or uncomfortable, what is your go-to reaction? Do you try to find a solution to this problem immediately? Or can you accept that things are just hard sometimes? Are you able to be with these feelings of discomfort?

**Acceptance is being with rather than fixing.**

What is one area of parenting that you constantly seek more problem solving solutions instead of just sitting with?

What would happen if you stopped fixing this problem all the time?

On a scale of 1-10, with 10 being the hardest, how hard would it be to take a break from your fixing of this situation?

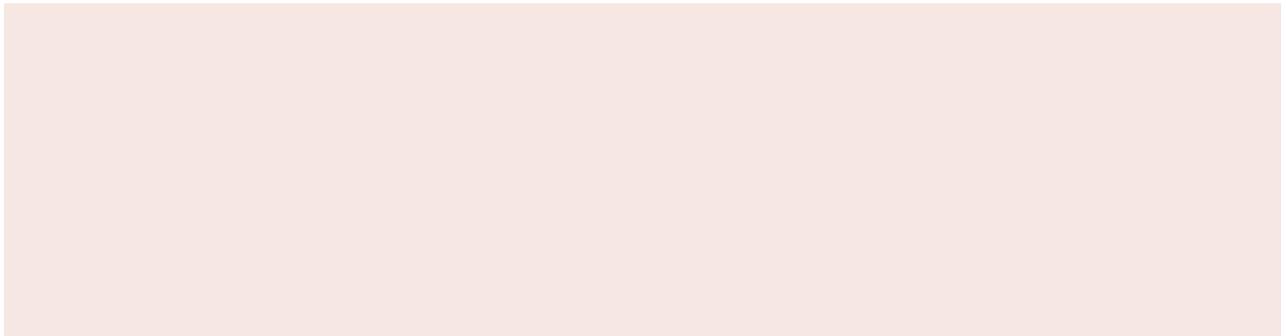
# THE FIXING TRAP

When things are difficult or uncomfortable, what are you willing to try in order to make room for acceptance instead of jumping in to fix?

Here are some ideas to get your own wheels turning:

1. Tell yourself "This is hard."
2. Write about it in this journal or somewhere else.
3. Name what you are feeling. It's probably more complex than your initial reaction of "sad" or "overwhelmed". Keep going.
4. Talk to a friend or loved one about it.
5. Sit for a few minutes quietly without doing anything at all.

What are you willing to try? One of these or even better- make up your own!



After you've tried it, write a few quick reflections here. Was it hard? What thoughts or feelings came up for you?

