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This article is about choice. It's about understanding that in nearly every situation we have choices. Read on to discover five easy ways to remember the choices you have. intimate relationships.

And don't forget, our last article discussed intimate relationships – what can make them succeed. Click [here](#) to find out more.

WE ALL HAVE C.H.O.I.C.E.s

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Have you ever felt overwhelmed, unable to take action, or even helpless in a situation? If so, it might be because you felt you didn't have any choices. So how can you stop these feelings of overwhelm, paralysis or powerlessness? You might want to consider your C.H.O.I.C.E.s and consciously choose an action to take.

- **C. – consider** : take a moment, even if it's only a few seconds, to consider the choices that you have in this moment
- **H. – help yourself** : consider whether you can help yourself and change the current situation to something more like what you want it to be
- **O. – open to a new perspective** : if you can't change the situation, consider whether you can change your relationship with the situation, maybe see it from a different angle

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- **I. – invite acceptance** : if you can't change the situation, consider whether you can acknowledge and accept the situation for what it is, rather than judging it as being awful or terrible
- **C. – concede** : if you can't change the situation, you could concede to the 'awfulness' and 'terribleness' of the situation, and constantly remind yourself how awful or terrible the situation is
- **E. – exacerbate** : if you can't change the situation, you always have the choice of making things worse by acting out or rebelling against the situation

For example, if you've had a long and hectic week at work, or if you haven't slept well all week and you've got plans to go out with friends on Friday night but you're tired and you don't feel up to it, you could ...

- **C. – consider** : take a moment to consider your C.H.O.I.C.E.s
- **H. – help yourself** : say "next time" and take some time out for yourself
- **O. – open to a new perspective** : say to yourself "even though I'm tired, I'll go out tonight and enjoy myself – I know I can always come home early"
- **I. – invite acceptance** : say to yourself "I accept that I'm tired and I'd rather stay in tonight; however I've made a commitment to my friends, so I'll still catch up with them"
- **C. – concede** : say to yourself "I feel so tired, I so don't want to go out tonight, I feel awful, this is horrible ... ugh ... I suppose I should go out even though I feel tired, and horrible and awful, and even though I know I won't have a good time"
- **E. – exacerbate** : go to dinner with your friends, complain all night about the awful, horrible and terrible week you've had, interrupt your friends to tell them how awful, horrible and terrible your week has been, go home at the end of the night and think to yourself "that was such a waste of time, I feel even more awful, horrible and terrible"

Remember that in almost every situation you have C.H.O.I.C.E.s – even giving in or making the terrible situation worse is still a choice.

So next time you're in a difficult situation, take some time to make a conscious C.H.O.I.C.E.

However, if these strategies aren't enough, and you're finding that difficult situations are still affecting your life negatively, seeking professional assistance could be useful.

If you would like help in managing your thoughts, feelings or behaviours, please feel free to contact us on 0488 954 195,

amanda@awakenpsychology.com.au or [click here](#)

**We've got
some exciting
news ... stay
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