

MORITA THERAPY WHAT IS CONTROLLABLE?

<p>We cannot control our thoughts, feelings and body sensations directly by an act of will. Our actions may eventually influence our thoughts and feelings, but in the moment we cannot simply force ourselves to think or feel “better”.</p>	
<p>Uncontrollable</p>	<p>Controllable</p>
<ul style="list-style-type: none"> • Thoughts • Feelings • Body Sensations <p>* Thoughts and feelings create <u>urges</u> to react in conditioned ways. <i>We feel an urge to react in the same old ways.</i></p>	<ul style="list-style-type: none"> • Actions <p>* If we are conscious of our urges we can chose how we act. This suggests that we can feel unmotivated and take action anyway, or feel an urge and not act on it.</p>
<p style="text-align: center;">What should we do with our uncontrollable thoughts and feelings?</p>	
<p>Accept the things we cannot change, exactly as they are, making no attempt to manipulate or avoid them.</p> <p>*Opening up and accepting thoughts and feelings can help us to be more conscious of and less reactive to our urges</p>	<p>Take actions consistent with our <u>purpose</u>.</p> <p>*If we can chose our actions we can experiment with different approaches to discover what leads us to our most meaningful and purposeful life</p>

Purposeful actions can be defined *as actions that meet the needs of the situation*. Situations are constantly changing, leading us to continuously ask “What is my purpose now?” Referring to the needs of the situation to guide our actions is a change from automatically reacting to our thoughts and feelings.

In addition to the needs of the situation at any moment, your *life purpose* might also guide your actions. If you want to be married, you might take actions towards dating. If you want to stop drinking, you might go to rehab or Alcoholics Anonymous. If you want to finish school, or get in shape, or buy a house, or climb a mountain these goals require a set of actions.

Most people make the mistake of thinking about their purpose rather than taking action to achieve their purpose. They wait until they feel like taking action, or until conditions are better. Because they have no control over their thoughts, feelings, or if conditions will ever be right, they give away the only power they have to make things happen – purposeful actions.