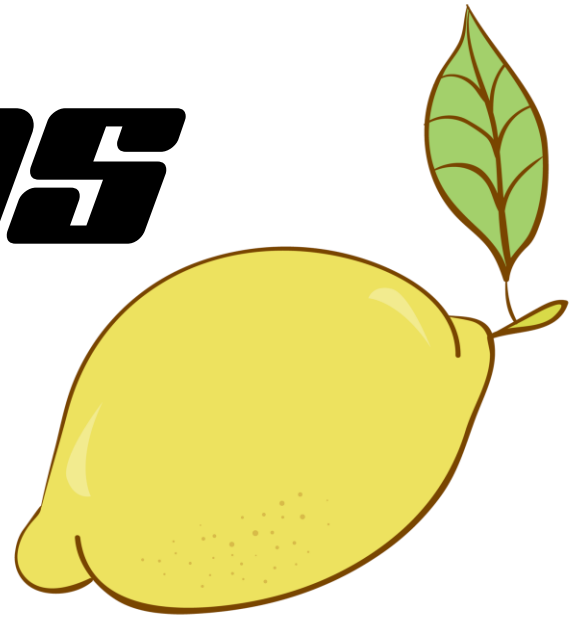


TURN
lemons

INTO



lemonade

STEP-BY-STEP



Step 1

Take 3 to 5 deep breaths. Make each one deeper than the previous one.

Step 2

Describe the negative situation.



Step 3



List each of the problems with the situation in the first column.

Problem	Is this true?	Is there a solution?

Step 4

Think about the negative situation (lemons). Ask yourself how true is my perception of the situation? Am I holding old judgments or stories about the situation that are clouding my view? Fill out the 2nd column.

Step 5

If you realize that the judgments are no longer true, acknowledge that they have served you in the past but they are no longer relevant. Release them and let them go. You don't need them anymore. Now, without those judgments and stories reevaluate the situation.

Our judgments, stories and resistance to a situation cause it to look more severe than it really is.

Accept the situation. Acknowledge that the situation is happening. You don't have to be happy about it but understand that it is happening. Our resistance to a situation is what causes us stress, not the situation itself. We can then see the situation more clearly and now are more open to see potential solutions that we didn't see before.

Step 6

Think of a solution for each problem. Fill out the 3rd column.

Step 7

Think back to before the situation changed and things “seemed” better. What were the problems with the previous situation that was supposedly better?

Problem	How could you solve this?

Step 8

Rephrase the situation as an opportunity to solve previous problems and improve your situation.



Example

Step 1

Take 3 to 5 deep breaths. Make each one deeper than the previous one.

Step 2

Describe the negative situation.



I lost my job.

Step 3

List each of the problems with the situation.



Problem	Is this true?	Is there a solution?
I will have no income.	No	There are other sources of income.
I will never find another job.	No	There are many other jobs out there.
I won't be able to fulfil myself.	No	There are other ways to fulfil myself and other fulfilling jobs

Example

Step 7

Think back to before the situation changed and things “seemed” better. What were the problems with the previous situation that was supposedly better?

Problem	How could you solve this?
The commute was too long.	Find a closer place of work or work online.
My job was boring and I never enjoyed it.	Take a course in web design that I have always wanted to do and find a job that I enjoy in that field.

Step 8

Rephrase the situation as an opportunity to solve previous problems and improve your situation.



I now have an opportunity to learn something new and I will then find a better job in that field either online with no commute or closer to home.