



## On the road to ... Finding middle ground

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***It is so hard to do ANYTHING when we feel like the two choices are EVERYTHING and NOTHING.***

When you find yourself caught in "all or nothing" thinking, giving yourself only two opposite choices: "this" or "that", ask yourself if there is something in between them that might be possible.

For example, you don't have to quit your job OR put up with your boss being cruel to you. You might look for ways to stay AND start to shift the situation with your boss.... It's not all or nothing. It just has to be SOMETHING. You don't have to decide EVERYTHING right now. Just decide SOMETHING.

The big goals about where you want to go? Break them down, into concrete steps, steps you can take, just little steps... walking on middle ground.