

CENTERPOINT

A phrase I notice people using more and more is, “*it is what it is.*” Clients may relate a particularly difficult situation with seemingly no hope of resolution, and then look up and shrug, “*it is what it is.*” In other words, I take what they are saying as, “there’s no answer. I just have to put up with it.” That’s certainly a negative thought!

As negative thoughts creep into your mind, you may notice an irritability start to creep in as well. Auto-pilot takes over, leading your mind into deeper negativity. Soon it’s a swirling downward spiral of disrupting feelings that crashes in hopelessness with the words “*it is what it is.*”

I suggest you add another piece: “*it is what it is, while it is.*” Adding those three words can pop you out of the auto-pilot corkscrew by reminding you that what you are feeling is not permanent. If you remind yourself it is temporary, you give yourself a moment of space. That space can give you a chance to unravel yourself from the knot of negativity. Freedom from the knot, even for a moment, can let you care more about yourself.

Experiment! Try it the next time you feel hopeless. Tell yourself, “*it is what it is, while it is,*” and see if it breaks up an automatic reaction just long enough for you to discover that you can be kind and compassionate toward yourself.

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