The Dichotomy of Control

> *"There are things which are within our power, and there are things which are beyond our power. Within our power are opinion, aim, desire, aversion, and, in one word, whatever affairs are our own."*
>
> Epictetus, Enchiridion 1 (tr. Higginson)

Write down the situation in one line. List everything about it that is on your mind, putting each item in one column or the other. Be strict. Other people's choices, the past and how you feel at this second all go on the right.

The situation

Up to me

My actions, my words, my effort, my judgements, what I do in the next hour.

Not up to me

Other people, outcomes, the past, my reputation, whether the urge comes.

Where my effort goes today

Pick one or two items from the left-hand column.

What I am setting down

From the right-hand column. Not forgetting it. Just no longer trying to carry it with will alone.

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