

A person with long, dark hair is sitting in a field of tall grass, looking out over a body of water at sunset. The sky is a mix of orange, yellow, and blue. The person is wearing a blue shirt and blue pants. The overall mood is peaceful and contemplative.

Presented by BU Happiness College

Learning to Let Go of Control

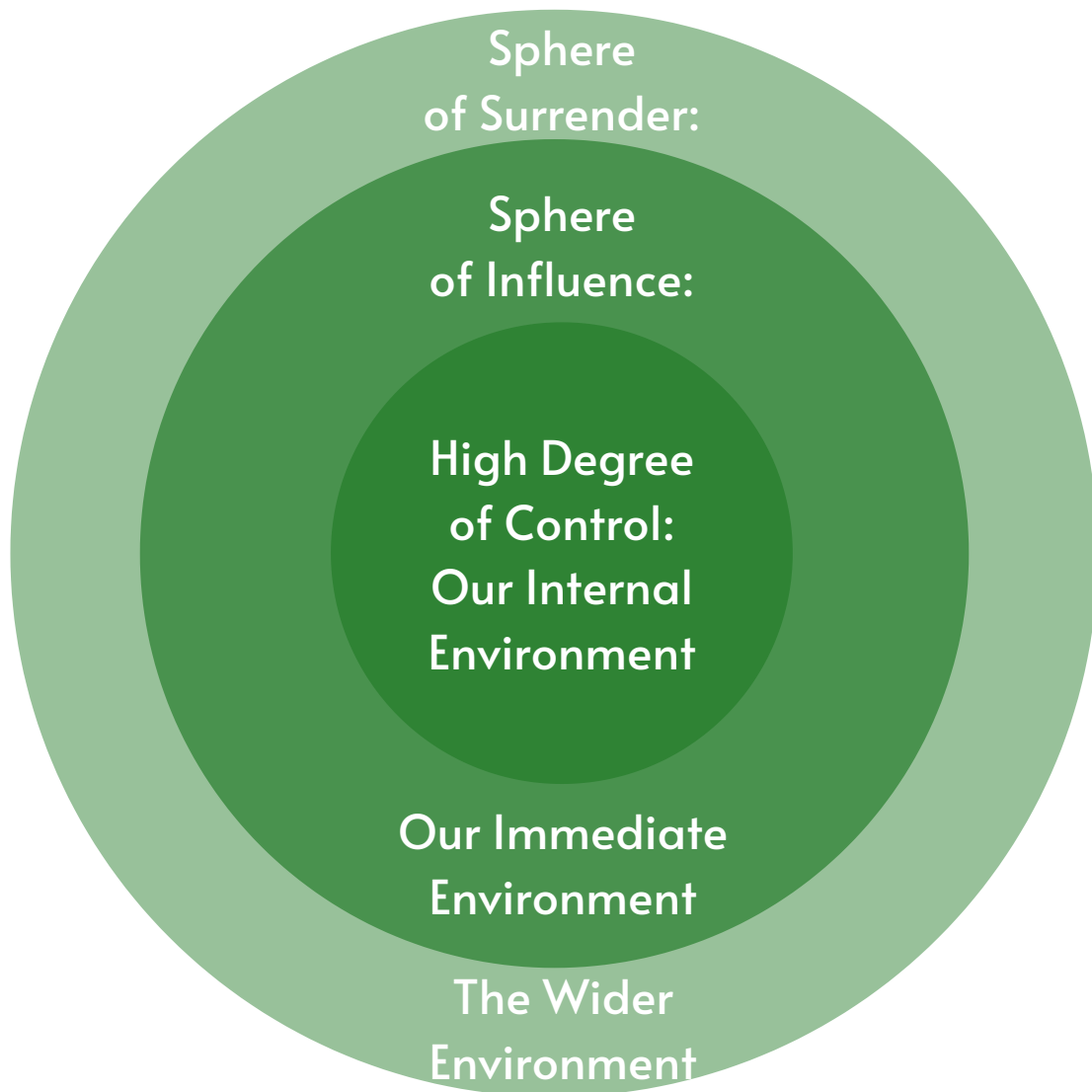
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“Peace requires us to surrender our illusions
of control” - **Jack Kornfield**

Locus of Control



Notes



The Root of Our Need For Control

At its core, a high need for control is based in fear and anxiety. It's centered around underlying worries about what may happen if we let go.

Activity: What do I fear may happen if I let go of control?

Reflection: How would I feel if these fears were to come true?

Learning to Let Go of Control



Mindfulness



Faith



Acceptance



**Reflective
Surrender**



**Embrace
Stillness**



**Personal
Responsibility**

Notes



A Guided Meditation on Surrendering & Letting Go of Control

Notes

A large, light gray rounded rectangle occupies the central portion of the page, intended for taking notes during the meditation. The rectangle has rounded corners and a subtle gradient, providing a clean and uncluttered space for writing.

A photograph of a person's hands writing in a spiral notebook with a pen. The person is wearing a dark shirt. The background is softly blurred, showing what appears to be a window with light coming through.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...



References

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