

“None of us can control the future, and trying to do so only creates distress. If we cannot enjoy life now, how do we imagine we would enjoy ourselves even if should attain our goals? When self-avoidance becomes habitual, we delude ourselves into thinking that this will cease in some make-believe future.”

by Richard Moss, MD, from “The Mandala of Being”

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Tell a story about how you tried to control the future and how that worked out for you.**
- 2. Share a story about your self-avoidance of living in the present moment.**
- 3. Share about how you have learned to enjoy and accept life for what it is, rather than live in fear or hope of a make-believe future.**

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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