

# WALKING THE MIDDLE PATH

## THINKING AND ACTING DIALECTICALLY

### HINTS FOR FINDING THE MIDDLE PATH

1. Open your eyes to seeing things from many different angles. Often, there are many ways to solve a problem. Don't be afraid to research other solutions and see how other people in your situation may have solved their problem.
2. Nothing stays the same; change will happen. If what you are experiencing now is stressful, keep in mind that very few things remain the same. Change is constant.
3. Use "both/and" when viewing a situation or problem. Try to experiment with the "gray area" of things. Avoid black and white thinking and extremes, like "all or nothing", or "my way or the highway".
4. Remember the middle path is between acceptance and change. It is a balance. It requires both to be effective.