

Passengers on the bus

Imagine you're a bus driver, and your bus is filled with passengers representing your thoughts, feelings, and experiences. Some passengers are scary, they start threatening you, dictating where to go and what to do, promising to harm you if you don't comply. So you make a deal, letting them sit in the back as long as you obey. But trying to confront them only reveals their strength and persistence. Even if you kick them off, they return.

By resisting or struggling, we give them more power. Instead, we learn to accept their presence, allowing them to coexist while driving towards our values. By embracing discomfort and focusing on our values, we cultivate psychological flexibility and live a meaningful life, regardless of the scary passengers.