

Finding the Balance You Already Have

By *Karrie Slavin, MSW, MPH, LCSW*

Many of us crave balance in our lives and constantly strive to achieve it, but it can feel as if—no matter what we do—balance still eludes us. The process of creating balance can sound difficult—you may imagine various aspects of your life on a see-saw, with you frantically trying to keep it horizontal as it goes up and down, or you may imagine yourself juggling various balls and trying to keep them all in the air at the same time. But the experience of having balance can sound wonderful—you may imagine having a focused mind, a body that serves you well, a meaningful and fulfilling life, a moment by moment experience of enjoying what you are doing, or one of the infinite number of other pleasant possibilities.

Given all this, the two questions that I give to you to consider are:

What would it be like for you to stop striving for balance?

And further,

What would it be like for you to notice the aspects of your life in which you already have balance?

If it would be pleasant for you to notice the aspects of your life in which you already have balance, then here are some helpful questions for you to ask yourself to facilitate this realization.

You may want to simply think about them, or you may find that writing your answers down can help you to reflect on them more deeply.

First, it will be important to define what balance means to you.

1. If you were totally in balance, what would you notice about yourself that would tell you that you were in balance? Would you notice anything about your mind? Would you



notice anything about your body? Would you notice anything about how you are living your life? What else would you notice?

Next, it will be helpful to consider your current experience of balance.

2. On a scale of 0-10, with 10 totally in balance, and 0 totally out of balance, where would you rate yourself?

3. What do you notice about yourself and your life that lets you know that you are at the number you chose, instead of something lower? (Even if you are at a 0, what keeps you from being at a negative number?)

You may now be beginning to notice the balance that you already have. At this point, it will be useful for you to consider maintaining this balance.

4. What will you need to do to keep this balance that you currently have?

It may also be useful for you to consider growing this balance, if this is something that you desire.

5. Suppose that you were to enjoy this balance that you already have, while also realizing that you would like to cultivate more of it. What might you be able to do a little bit more of, or a little bit differently, to move up one number on your scale?

6. If you were to do that, what difference would that make for you?

The wonderful thing about discovering the balance that you already have is that it allows you to see that what you have been craving lies within yourself. Noticing the balance that you experience also gives you the useful opportunity to enjoy it. In addition, finding the balance that you already have can help you to see new possibilities for growing your own balance further. **h&h**

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