

THE THREE KINDS OF BUSINESS

“Some people spend inordinate amounts of time and energy upset, angry, or frustrated by other people’s thoughts and behaviors.” —John M. Grohol, Psy.D.

Being mentally in another person’s business keeps me from being present in my own. If you feel loneliness or separation. Ask yourself, “Mentally, whose business am I in?”

Exercise:

Whose business is it? Check off your responses below (check all that apply).

	<u>My Business</u>	<u>Their Business</u>	<u>God’s Business</u>
My height	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attending a concert	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rush hour traffic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My mother’s depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
War in the world	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My brother’s vegetarianism	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What I had for dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My boss’s anger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What my best friend thinks of me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My son’s tantrum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What I think about the government	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What the government does	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who I vote for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whether the person I voted for got elected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My partner’s affair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My response to my partner’s affair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Owing taxes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paying taxes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My insomnia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What I believe about my body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My lung cancer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My opinion about age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>