

## **HELPLESSNESS ALLOWANCE TRAINING**

With the presence of a disease, you will find yourself helpless to change how you feel physically. Your disease will also cause many negative changes in your life and you may also be helpless to change the consequences from having a disease. A coping skill is necessary to adjust to on-going helplessness that cannot be avoided, and that is helplessness allowance.

### **PREPARING FOR BEING HELPLESS**

I cannot control how my body is doing, or what is going on inside of my body.  
That is the way it is right now. Accept that. Live with what is.  
Give up the anger about not being able to make my body be the way I want it to be.  
Be ready to feel helpless when my body does not be the way I want it to be, or respond the way I want it to respond.  
I cannot control how my body will be, feel, or act, except by complying with the medical regimen.  
What I can control I will control.  
When my body does not perform as I want I will accept that fact.  
My disease has made many changes in my life and I am helpless to change those changes. Accommodate to that fact. Allow helplessness in when it cannot be avoided.  
Don't get into thinking that it is a must that my body perform as I want. "Must" means of the utmost importance and controlling my body is not of the utmost importance—it is just preferable that I can control my body.  
I can still find happiness even if I cannot control by body.

### **MANAGING MY RESENTMENT WHEN I AM HELPLESS**

I am falling into anger about being helpless.  
How much anger do I feel right now from 0 to 5, with 5 being enraged?  
Relax. Breathe deeply. Being tense does not help.  
I am demanding that I not be helpless when that is not possible. I am fighting against accepting reality.  
Let reality into my life.  
I am refusing to accept that my body is as it is. I have decided not to contain my disappointment in what I have become physically.  
That will only make me feel worse. Do I want to feel worse?  
Let the helplessness into my life. I can live with it, even though I do not like being that way. I can make my helplessness part of me, if I choose to do so.  
I will accommodate to the loss of the ability to control how my body is.  
I will accommodate to the changes brought by my disease. I am helpless to prevent those changes.  
That I must accept.