

# It Will Pass

**It will Pass skill helps us to accept that sometimes we cannot change a situation, and all we can do is to keep going. The emotion will pass.**



When we are upset about a situation, we may feel the urge to escape, run away or hide from it.

What can help is to imagine that we are travelling through a long tunnel. Stopping, turning around or trying to escape does not help. There is no option; we just have to keep going. The emotion will pass.

When we are upset and we cannot change the situation, we have to go along with it in the knowledge that it will pass. Just like when we are on a ferry, crossing a rough sea, we have to ride out the storm. Even if the boat is rocking from side to side and we feel sick, the discomfort will pass when we reach safe harbour.

Rather than reacting, we can imagine that we are travelling through a tunnel or sitting out a storm and accept that it is as it is, it will pass.