**FINDING ACCEPTANCE**

**ACCEPTANCE IS IMPORTANT BECAUSE WITHOUT IT SYMPTOMS MAY ARISE.**

**NOT ACCEPTING = AVOIDANCE = NOT HEALING = SYMPTOMS**

**WRITE DOWN THE EVENTS THAT I STILL NEED TO ACCEPT HAPPENED**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**POSITIVE THINGS I WILL DO TO HELP ACCEPT MY CURRENT SITUATION**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**I ACCEPT IT’S HAPPENING! I ALLOW EMOTIONS! I LET THE STRESS GO!**

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**EXAMPLES OF ACCEPTANCE**

**DEFINITION: ACCEPTANCE IS THE PROCESS OF ACCEPTING THINGS THAT WE HAVE**

**NO CONTROL OVER. THE ACT OF ACCEPTING YOURSELF/LIFE EVENTS.**

|  |  |
| --- | --- |
|  | |
| **BE THE REAL YOU** | **BE HAPPY FOR WHAT YOU HAVE** |
| **ACCEPT YOURSELF – ALL OF YOU** | **ACCEPTANCE CAN HELP GET RID OF FEAR** |
| **YOUR FUTURE IS WHAT YOU MAKE IT** | **DON’T DWELL ON THINGS OF THE PAST** |
| **BE CONTENT WITH YOURSELF** | **LET GO OF THINGS YOU CANNOT CHANGE** |
| **DON’T CRITICIZE YOURSELF** | **LIFE’S IMPERFECTIONS MAKE US STRONGER** |
| **ACCEPT YOUR CURRENT SITUATION** | **DON’T FEAR WHAT OTHERS MY THINK** |
| **BE HAPPY WITH YOURSELF** | **STOP COMPARING YOURSELF TO OTHERS** |
| **I AM HOW I AM NOW** | **ACCEPTANCE CAN HELP WITH GRIEF** |
| **ACCEPT HOW YOU LOOK** | **CHOOSE HEALTHY, POSITIVE THOUGHTS** |
|  | |
| **ONCE YOU ACCEPT IT HAPPENED – YOU CAN HEAL** | |
| **THINK ABOUT YOUR QUALITIES/TALENTS/SKILLS THAT MAKE YOU UNIQUE** | |
| **THINK ABOUT THE POSITIVE THINGS YOU LIKE ABOUT YOURSELF** | |
| **DON’T THINK ABOUT HOW YOU USED TO BE – CONCENTRATE ON TODAY** | |
| **DON’T WORRY ABOUT WHAT OTHERS MAY THINK OF YOU** | |
| **CONCENTRATE ON - WHAT ARE YOUR STRENGTHS? WHAT ARE YOU GOOD AT?** | |
| **DON’T THINK ABOUT THE LIFE YOU USED TO HAVE – FOCUS ON TODAY** | |
| **ACCEPT THERE WILL ALWAYS BE STRUGGLES THROUGHOUT LIFE** | |
| **FOCUS ON YOUR GOOD QUALITIES, NOT ON YOUR FLAWS** | |
| **ACCEPTANCE WILL HELP YOU LIKE YOURSELF MORE** | |
|  | |
| **GET RID OF ANY INSECURITIES, BE COMFORTABLE WITH WHO YOU ARE** | |
| **IT’S OK TO NOT LOOK PERFECT, BECAUSE HAVING IMPERFECTIONS - IS PERFECT** | |
| **I’M NOT LISTENING TO MY NEGATIVE INNER THOUGHTS** | |
| **HOW YOU LOOK ON THE OUTSIDE, HAS NOTHING TO DO WITH YOUR VALUE** | |
| **FAILURE DOESN’T DEFINE YOU, KEEP WORKING TOWARDS SUCCESS** | |
| **STOP BEING YOUR WORST ENEMY – BE KIND TO YOURSELF** | |
| **LOVE YOURSELF, BECOME YOUR OWN BEST FRIEND** | |
| **REMEMBER THAT - YOU CONTROL YOUR REALITY AND**  **YOU’RE THE ONLY ONE WHO CAN CHANGE WHAT YOU THINK IT IS** | |
| **SOMETHING BAD HAPPENS, ACCEPT IT, GRIEVE IF NEEDED,**  **THEN WHEN READY MOVE ON** | |
| **ACCEPTANCE IS YOUR CHOICE – EITHER ACCEPT THE NEW YOU/LIFE**  **OR STAY IN THE CYCLE OF SELF PITY** | |
|  | |

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**POSITIVE THINGS I WILL DO TO HELP ACCEPT MY HURT(S) HAPPENED**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**ACCEPTANCE CAN HELP SET ME FREE! ACCEPTANCE GIVES STRENGTH!**

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**I ACCEPT MY SITUATION**

**ACCEPTANCE CAN BE HARD, ESPECIALLY WHEN IT INVOLVES GRIEF OR LOSS**

**WRITE DOWN SITUATIONS/THINGS I NEED TO ACCEPT HAVE HAPPENED**

**THEN WRITE AT LEAST THREE DIFFERENT POSITIVE PHRASES ABOUT EACH ONE**

**I ACCEPT THAT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WRITE AT LEAST THREE POSITIVE PHRASES ABOUT IT**

1.

2.

3.

**I ACCEPT THAT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WRITE AT LEAST THREE POSITIVE PHRASES ABOUT IT**

1.

2.

3.

**I ACCEPT THAT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WRITE AT LEAST THREE POSITIVE PHRASES ABOUT IT**

1.

2.

3.

**I ACCEPT THAT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WRITE AT LEAST THREE POSITIVE PHRASES ABOUT IT**

1.

2.

3.

**I ACCEPT THAT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WRITE AT LEAST THREE POSITIVE PHRASES ABOUT IT**

1.

2.

3.

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**THINGS I HAVE NO CONTROL OVER**

**REALIZING THAT I HAVE NO CONTROL OVER OTHERS OR LIFE CAN BE TERRIFYING**

**WRITE DOWN CIRCUMSTANCES/SITUATIONS/THINGS/PEOPLE I’M TRYING TO CONTROL**

**THEN RESEARCH OR THINK ABOUT WHY I’M TRYING TO CONTROL THEM**

**I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_ I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_**

**WHY AM I TRYING TO CONTROL THIS? WHY AM I TRYING TO CONTROL THIS?**

**I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_ I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_**

**WHY AM I TRYING TO CONTROL THIS? WHY AM I TRYING TO CONTROL THIS?**

**I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_ I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_**

**WHY AM I TRYING TO CONTROL THIS? WHY AM I TRYING TO CONTROL THIS?**

**I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_ I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_**

**WHY AM I TRYING TO CONTROL THIS? WHY AM I TRYING TO CONTROL THIS?**

**I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_ I HAVE NO CONTROL OVER \_\_\_\_\_\_\_\_\_**

**WHY AM I TRYING TO CONTROL THIS? WHY AM I TRYING TO CONTROL THIS?**

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**WHAT REGRETS DO I HAVE IN LIFE**

**DECISIONS MADE IN THE PAST WERE BASED ON CIRCUMSTANCES OF LIFE BACK THEN**

**AND WHEN THE OUTCOME IS NOT IDEAL, THE EVENT CAN END UP BEING REPLAYED OVER AND OVER IN THE MIND, WISHING A DIFFERENT CHOICE HAD BEEN MADE.**

**WRITE DOWN ANY REGRETS THAT NEED HEALING OR CORRECTION**

**MY REGRET: MY REGRET:**

**MY REGRET: MY REGRET:**

**MY REGRET: MY REGRET:**

**MY REGRET: MY REGRET:**

**MY REGRET: MY REGRET:**

**MY REGRET: MY REGRET:**

**MY REGRET: MY REGRET:**

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