

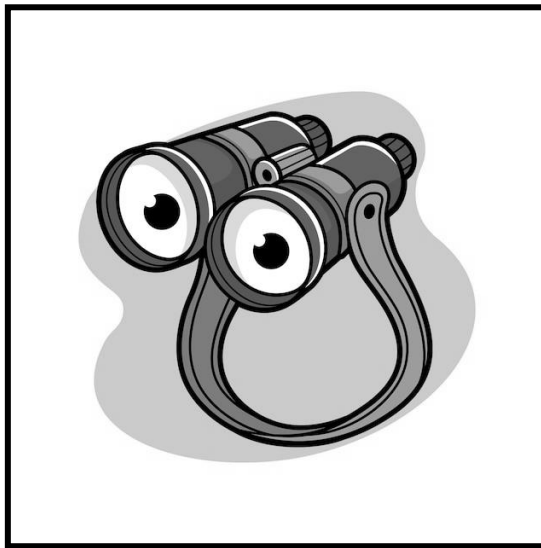
FINDING ACCEPTANCE



**ACCEPTANCE MUST HAPPEN
BEFORE HEALING CAN TRULY BEGIN**

CREATED BY GALLERY OF HOPE

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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

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| 1. _____ | 26. _____ |
| 2. _____ | 27. _____ |
| 3. _____ | 28. _____ |
| 4. _____ | 29. _____ |
| 5. _____ | 30. _____ |
| 6. _____ | 31. _____ |
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| 8. _____ | 33. _____ |
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| 10. _____ | 35. _____ |
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| 15. _____ | 40. _____ |
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| 21. _____ | 46. _____ |
| 22. _____ | 47. _____ |
| 23. _____ | 48. _____ |
| 24. _____ | 49. _____ |
| 25. _____ | 50. _____ |

POSITIVE THINGS I WILL DO TO HELP ACCEPT MY CURRENT SITUATION

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

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	

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

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| 22. _____ | 47. _____ |
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| 24. _____ | 49. _____ |
| 25. _____ | 50. _____ |

ACCEPTANCE CAN HELP SET ME FREE! ACCEPTANCE GIVES STRENGTH!

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.

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 _____ WHY AM I TRYING TO CONTROL THIS?	I HAVE NO CONTROL OVER _____ WHY AM I TRYING TO CONTROL THIS?
I HAVE NO CONTROL OVER _____ WHY AM I TRYING TO CONTROL THIS?	I HAVE NO CONTROL OVER _____ WHY AM I TRYING TO CONTROL THIS?
I HAVE NO CONTROL OVER _____ WHY AM I TRYING TO CONTROL THIS?	I HAVE NO CONTROL OVER _____ WHY AM I TRYING TO CONTROL THIS?
I HAVE NO CONTROL OVER _____ WHY AM I TRYING TO CONTROL THIS?	I HAVE NO CONTROL OVER _____ WHY AM I TRYING TO CONTROL THIS?
I HAVE NO CONTROL OVER _____ WHY AM I TRYING TO CONTROL THIS?	I HAVE NO CONTROL OVER _____ WHY AM I TRYING TO CONTROL THIS?

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:
MY REGRET:	MY REGRET:

ACCEPTING THE TRAUMATIC MEMORY THAT HAUNTS ME

SOMETIMES FEAR CAN BE HARD TO LET GO, BUT IT'S TIME TO HEAL FROM THE EVENT.
THE FIRST STEP IN HEALING IS TO ACCEPT THE EVENT(S) HAPPENED.

WRITE DOWN MEMORIES OR EVENTS OF THE PAST THAT ARE STILL CREATING
NIGHTMARES, REPETITIVE THOUGHTS, FEARS, AND/OR SYMPTOMS.

MEMORY/EVENT:	MEMORY/EVENT:
MEMORY/EVENT:	MEMORY/EVENT:
MEMORY/EVENT:	MEMORY/EVENT:
MEMORY/EVENT:	MEMORY/EVENT:
MEMORY/EVENT:	MEMORY/EVENT:

THEN AFTER EACH MEMORY OR EVENT SAY: "YES, I ACCEPT THAT _____
HAPPENED TO ME, AND IT'S TIME TO HEAL FROM IT. _____ HAS NO
CONTROL OVER ME! LIVING THROUGH THIS HAS MADE ME STRONGER AND WISER.
I SET MYSELF FREE OF THINKING AND REACTING TO FEARS FROM _____."

WHEN FEARFUL THOUGHTS ARISE, I WILL QUICKLY TURN THEM INTO POSITIVE ONES.

I'M NOT A VICTIM ANYMORE! I'M STRONG! I SET MY SELF FREE!