



*"Not everything that is faced can be changed. But nothing can be changed until it is faced."*

~ James Baldwin

# ACCEPTANCE WORK

REASSURING YOUR MIND THAT YOU ARE AWARE OF REALITY INSTEAD OF NEGLECTING IT, DEVELOPS SELF-TRUST AND ALLOWS FOR THE OPPORTUNITY OF CALM

## 9 REASONS IS IT IMPERATIVE TO BE "IN ACCEPTANCE" OF REALITY

- 1 See through murkiness and realize aspects of your life that you can or can't change
- 2 You may be unaware of what you are failing to accept because you've suppressed it, avoided it or "ran" away from your feelings for so long they part of your subconscious programming; stuck on autopilot without knowing it and repeated maladaptive patterns of behavior
- 3 Without acceptance, you may be stuck looping false hope, like a child longing for a unicorn
- 4 Acceptance provides your mind with the info it needs to allow you to grieve, let go, and recover
- 5 Calms your nervous system to be grounded in reality: a foundation to have a fresh start
- 6 Increases your personal power to refocus, let go, and move yourself in a desired direction
- 7 Creates clear perspective of your genuine feelings towards aspects of your life and values
- 8 Leverages opportunity to connect with your authentic, individualized dreams and goals
- 9 Allows you to REFOCUS attention to yourself instead of looping thoughts about a loss, your ex, or your past (the regrets, self-berating, and the helplessness of the past)

What does "acceptance" mean to you?

In addition to the points listed above, how will acceptance benefit you?

How will 100% unconditional clean acceptance of where you are in life feel like to you?

Name an aspect of your current reality that is difficult to accept.

Do you fight accepting it? What gets in the way of accepting the part of reality?

What do you fear may happen if you allow yourself to accept this unconditionally?

In this moment, take three deep breaths. Visualize confronting this difficult reality. If you could literally speak to this difficult aspect, what would you say to it?

What feelings surface when you confront this difficult aspect?

When was the last time you recall feeling this way in life? Describe where you were, who you were with. Describe senses, such as smells, sounds, visuals.

How did you work with these difficult feelings last time?

Was there a specific strength or skill you used to move through this difficult time?

Did you have anyone to support you through this difficult time? If not, that is okay.

What does being "supportive" to yourself look like to you?

Describe a time you supported yourself emotionally with compassion through a difficult time.

## FACING AND ACCEPTING THE REALITY OF CURRENT SITUATION IS ESSENTIAL TO FEEL THROUGH THE PAIN, INCREASE PERSONAL POWER AND BUILDING YOURSELF UP.

### IDENTIFYING "WHAT IF'S" AND "IF-ONLY'S"

Healing and feeling better requires identifying negative "what if's," and "if only's." It is important to identify these aspects that are standing in your way and keeping you stuck. Realize these are regrets and fears.

REGRETS (what if's = past) and FEARS (if only's = future).

REGRETS allow for you to learn lessons, albeit regrets are typically painful, as they usually hold shame and other painful emotions. This is why we tend to attempt to distract ourselves from our regrets instead of face them and learn from them. In order to cleanse and let go, we need to understand and learn from regrets. FEARS may have valuable info within them. Fears show you your values, wants and needs. Leverage your fears. FEARS can keep you stuck... due to their alarming, powerful and painful nature. Face and accept them, rather than letting them keep you stuck.

Be curious as you list REGRETS you have (past). Identify and list "if only's" (examples to get you started):

If only we had met at a better time

If only I hadn't yelled at him that one time in front of everyone

If only I didn't overeat so much

If only \_\_\_\_\_

If only \_\_\_\_\_

If only \_\_\_\_\_

If only \_\_\_\_\_

If only \_\_\_\_\_

If only \_\_\_\_\_

If only \_\_\_\_\_

If only \_\_\_\_\_

Identify and list FEARS, "what if's" (examples included to get your started):

What if the same thing happens again in my next relationship?

What if I am never happy?

What if I never find love again?

What if I am too old or too broken to have a better life?

What if \_\_\_\_\_

What if \_\_\_\_\_

What if \_\_\_\_\_

What if \_\_\_\_\_

What if \_\_\_\_\_

What if \_\_\_\_\_

What if \_\_\_\_\_

What if \_\_\_\_\_

What would you have done differently, if given the opportunity to do things over?

Are there any lessons to be learned... even if it is simply to ask for help from others?

List specific lessons learned.

How will you ensure you have learned these lessons?

Do you trust yourself to not make the same mistake again (if a mistake was made)?

Having learned these lessons are you willing to forgive yourself?

If not, explain what is getting in your way of forgiving yourself after learning the lessons, and allowing a lift of this burdening emotional pain?

What does self-forgiveness feel like to you?

When is the last time you provided yourself with forgiveness? Describe this moment.

What benefits to you envision accepting and forgiving yourself once you've done the work, by identifying your "if only's" and finding value in lessons learned?

If you are not willing to forgive yourself presently, when do you envision allowing this?

How may you provide yourself with comfort and self-compassion in this moment? This is a tough worksheet, so ask yourself "what you need right now?" for calm and comfort.