

Acceptance

Identify a problem in your life that you find difficult to accept. It could be something from the past that you have continued to struggle with, something bothering you in the present, or something you're worried about in the future. Write it down.

Next, ask yourself, how do I generally try to manage this problem? (Examples: avoid, distract, fix, control)?

List any ways an inability to accept this problem may be causing stress or limiting healing and growth:

How might I come to accept my problem? Are there ways I might approach it differently, or adopt a different point of view?

What might I say to myself to foster a sense of acceptance?