

Acceptance

Often people get stuck focusing on unchanging situations, which can become an overwhelming burden. Learning to accept these problems allows us to move our focus to problems we can address or find enjoyment/pleasure in life.

Step 1. Determine whether or not you can do something about the current problem.

Step 2. If you cannot change the situation, attempt an acceptance exercise.

Step 3. Stop focusing on the unchangeable issue and move on to something new.

STEP 1. Say the Serenity Prayer

Grant me the Serenity to Accept the things I cannot change,
the Courage to changes the things I can,
and the Wisdom to know the difference

STEP 2.

Radical Acceptance – instead of focusing on how you would like something to be different, you will recognize and accept the problem or situation as it is. Remember, accepting is not the same as liking or condoning something. Learning to accept the problems that are out of your control will lead to less anxiety, anger, and sadness when dealing with them.

Change “But” to “And” – unchangeable situations do not have to restrict what you do.

“I want to get out of the house, but I always feel so bad.” – Ongoing negative moods are used to rationalize why you don’t leave the house.

“I want to get out of the house, and I always feel so bad.” – Ongoing negative moods are acknowledged but are not an actual reason to keep from leaving the house.

STEP 3.

Acceptance is not throwing in the towel but rather it is an ongoing process of learning to live your life fully and completely, day-to-day, without trying to change, alter, eliminate, or control some of the problems you face, especially when those difficulties cannot be controlled or efforts to control them just lead to more heartache.