

Acceptance and Change

We can both **acknowledge reality as it is** AND **take action to improve change**.

Things to ACCEPT

Yourself as you are
When you are doing your best
All emotions as valid
Emotions have purpose
Your natural limits
What you can not change
What happened in the past
You can't control other people

Things to CHANGE

Unhealthy thought patterns
Unhealthy behaviors
Unhealthy reactions
Unhealthy communication patterns
Unhealthy coping strategies
Unhealthy boundaries

Acceptance Skills

Mindfulness - learn to be fully present
Distress tolerance - grow in tolerance of uncomfortable situations
Radical acceptance - stop fighting facts you can't change and no what if's
Willingness - practice healthy responses even when it's uncomfortable
Commit to acceptance - accept repeatedly when your mind resists
Self-validation - your thoughts, feelings, and reactions are real and valid
Posture techniques - use body awareness to signal openness and acceptance

Change Skills

Emotional regulation - learn to feel, identify, and manage your emotions
Interpersonal effectiveness - Communicate more clearly and assertively, yet respectfully, calmly, and while practicing active listening
Distress tolerance - self-sooth, distract, and evaluate before acting
Problem solving - determine what is true, brainstorm options and outcomes
Goal oriented - break goals into small, manageable steps and track
Wise mind - make decisions based on facts and consider, act, and evaluate

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Personal Reflection Activity

Think about a current situation that has been difficult or challenging.

Describe the situation.

What things are you struggling to accept?

What is holding you back from acceptance?

Would it be different if you could accept these things?

What one thing can you do/start doing today to work towards acceptance?

What things can you change?

What is holding you back from making these changes?

What would be different if you could change these things?

What one thing can you do/start doing today to work towards change?