

Worksheet: The Strength of Acceptance

Part 1: Understanding Acceptance

Read the following ideas and underline (or highlight) the phrases that resonate most with you:

- Acceptance is not surrender or indifference—it's the willingness to meet life exactly as it is.
- "Acceptance is the answer to all my problems today." – *Alcoholics Anonymous*
- Much suffering comes from resistance, from the inner fight against "what is."
- Acceptance does not mean resignation—it means saying, "This is what is. Now, how do I want to move forward?"
- Acceptance creates resilience, inner spaciousness, and the ability to choose wisely.

Part 2: Reflection Questions

Use these prompts for journaling or group discussion:

1. What in my life right now am I resisting? How does that resistance feel in my body?
2. What would it look like to soften into acceptance — not approval, but acknowledgment — of this situation?
3. Can I recall a time in the past when acceptance brought me unexpected peace?
4. Where in my life might I say, gently: *"This is here. I allow it."*
5. What is one small way I can practice acceptance today — with myself, with another person, or with life as it is unfolding?

Part 3: Practices to Cultivate Acceptance

- **Pause and Breathe**
When faced with something difficult, pause. Take three deep breaths and silently say: *"This is here right now. I can allow it."*
- **Name It**
Label what you are feeling (e.g., "This is sadness," "This is fear"). Notice how naming reduces its grip.
- **Shift the Question**
Instead of asking "Why is this happening to me?" try asking: "How can I meet this with kindness and wisdom?"
- **Daily Reflection**
Write down one thing each day you're struggling to accept. Next to it, write: *"And yet, this is what's here. I choose to breathe with it."*

Part 4: Closing Wisdom

"When we stop struggling against the reality of the present moment, we discover that we are free to love life as it is." – *Jack Kornfield*

"Try to accept the changing seasons of your soul, even if you don't understand them." – *Rainer Maria Rilke*

Take a moment to write a short affirmation that captures how you want to bring acceptance into your life:

My affirmation: _____