

ACCEPTANCE AND COMMITMENT THERAPY (ACT) BASED

# ACCEPTANCE AND COMMITMENT WORK

PRESENT MOMENT AND SELF AS CONTEXT

Inspired by Acceptance and Commitment Therapy (ACT), Acceptance Work is an opportunity to be 100% honest with yourself and build self-trust. It can help create a clear perspective of where you are in life versus where you truly want to be, which gets to be the goal. It also provides your mind and heart with the information it needs for self-forgiveness, grieving and healing.



OBSERVING THOUGHTS AND EMOTIONS FOR WHAT THEY ARE

Improving oneself takes time. ACT helps us embrace acceptance so we may work toward our values so improvement occurs more quickly than when we try to change or control our thoughts.

ACCEPTANCE BEGINS NOW

# PRESENT MOMENT

GET COMFORTABLE IN YOUR LIVING ROOM AREA OR BEDROOM  
AND ANSWER THE FOLLOWING

In your own words, what does “acceptance” mean to you?

Be unapologetically real right now. Do not try to be “happy.” Just be. Literally look around your current home. What do you dislike (décor, sofa, bed, your home overall, organization or lack thereof, who you live with, etc.)? Be SPECIFIC.

Look around your home and list what you like about your surroundings. Be SPECIFIC.



## ACCEPTANCE BEGINS NOW

What about your current life do you like (relationship status, family, car, financial situation, friendships, career, goal attainment, etc)? Simply allow. Free-write what comes up for you.

What about your current life situations do you **not** like (relationship status, family, car, financial situation, career, friendships, etc)? Let your disappointments flow. Free-write thoughts.

List your 5 most painful disappointments or aspects in your life that are the most stressful, confusing, or difficult right now.

- 1
- 2
- 3
- 4
- 5

## ACCEPTANCE BEGINS NOW

Which one of these 5 aspects is the **most difficult** to accept right now, in this present moment?

What gets in the way of accepting this difficult belief or aspect? What do you fear may happen if you accept this to be true unconditionally?


Take two deep breaths. How do you feel towards this difficult aspect of your life? Visualize confronting this difficult reality. If you could literally speak to it, what would you say to it?

## ACCEPTANCE BEGINS NOW

What feelings and bodily sensations do you notice when you think about and face this difficult aspect?

Have you had this feeling before? If so, what happened to make you feel this way? How did you work with these feelings last time?

What advice do you have for yourself, on how to deal with this difficult aspect? Anything you can do or need to do right now to help? Is there someone you want to talk to about it or is it something you want to work through on your own?




## ACCEPTANCE BEGINS NOW

Describe a time you were able to support yourself through a difficult time. How might you provide yourself with support and compassion at this point in your life? There are no right answers. Describe ideas.

What can you learn from your current difficulties or disappointments, if anything? Even if it is a lesson you feel you should've known already. What lessons do you wish you could learn? Why is this important to you?

If you could make a full week of feeling 100% acceptance of where you are in life, including feeling any disappointments in order to allow for healing, crying, grieving, learning lessons and letting go, what would this week look like? Where would you go? What would you do? Describe your most ideal setting and way of processing.



ACCEPTANCE IS IN REALITY

# REALITY VS EXPECTATIONS

We can be disappointed and depressed if we are not living aligned with our own values and expectations we have for ourselves. Expectations that likely started years ago.



## **FAMILY, FRIENDS AND SUPPORT**

LIST WHAT YOU WANTED BY THIS POINT IN YOUR LIFE

DESCRIBE THE REALITY OF WHERE YOU ARE AT CURRENTLY

DESCRIBE THE CHANGES YOU WOULD MAKE IF YOU COULD

ARE THESE CHANGES POSSIBLE, EVEN IF DIFFICULT? YES OR NO?

IF 'NO,' THAN CAN YOU ALLOW YOURSELF TO 'SIT IN THE MUD' WITH 100% ACCEPTANCE AND GRIEVING SO YOU MAY HEAL AND LET GO?

IF 'YES,' THAN WHAT IS ONE THING YOU CAN COMMIT TO DO TODAY TO MOVE YOURSELF IN THE RIGHT DIRECTION FOR THESE CHANGES?

# REALITY VS EXPECTATIONS



## **CAREER AND FINANCIAL HEALTH**

LIST WHAT YOU WANTED BY THIS POINT IN YOUR LIFE

DESCRIBE THE REALITY OF WHERE YOU ARE AT CURRENTLY

DESCRIBE THE CHANGES YOU WOULD MAKE IF YOU COULD

ARE THESE CHANGES POSSIBLE, EVEN IF DIFFICULT? YES OR NO?

IF 'NO,' THAN CAN YOU ALLOW YOURSELF TO 'SIT IN THE MUD' WITH 100% ACCEPTANCE AND GRIEVING SO YOU MAY HEAL AND LET GO?

IF 'YES,' THAN WHAT IS ONE THING YOU CAN COMMIT TO DO TODAY TO MOVE YOURSELF IN THE RIGHT DIRECTION FOR THESE CHANGES?



# REALITY VS EXPECTATIONS



## **HOME, STABILITY, WHERE YOU LIVE AND HOW YOU'RE LIVING**

LIST WHAT YOU WANTED BY THIS POINT IN YOUR LIFE

DESCRIBE THE REALITY OF WHERE YOU ARE AT CURRENTLY

DESCRIBE THE CHANGES YOU WOULD MAKE IF YOU COULD

ARE THESE CHANGES POSSIBLE, EVEN IF DIFFICULT? YES OR NO?

IF 'NO,' THAN CAN YOU ALLOW YOURSELF TO 'SIT IN THE MUD' WITH 100% ACCEPTANCE AND GRIEVING SO YOU MAY HEAL AND LET GO?

IF 'YES,' THAN WHAT IS ONE THING YOU CAN COMMIT TO DO TODAY TO MOVE YOURSELF IN THE RIGHT DIRECTION FOR THESE CHANGES?

**“A MAN CANNOT BE  
COMFORTABLE  
WITHOUT HIS OWN  
APPROVAL.”  
MARK TWAIN**

## **OVERALL THOUGHTS AND SIMPLE DAILY ACTION**

Acceptance Work is hard but essential for bringing your life, health and goals to the forefront so you can prioritize your SELF and what's important. Free-write your thoughts after having completed this practice.

Describe which areas of life you want to really prioritize right now?

What is it about these aspects that make them so important to you?

What DAILY ACTION can you take, starting TODAY to prioritize these aspects? It could be as simple as, taking a daily vitamin, applying for a job a day, googling vacation spots for a trip that you can't afford but one day will, taking a 10 minute walk every evening, etc. Make sure it is simple, realistic and obtainable.



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If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line [www.crisistextline.org](http://www.crisistextline.org)

Suicide Prevention [988lifeline.org](http://988lifeline.org)

National Domestic Hotline [www.thehotline.org](http://www.thehotline.org)