

TRY THIS

# Acceptance Practice

## The situation

1 2

Hold the person, situation, or behavior that is bothering you in your mind.

Speaking kindly to yourself – as you would a dear friend – repeat to yourself with 3 long, deep inhales and exhales:

*“I allow this circumstance to be as it is right now.”*

## Your emotions

3 4

Now, take a moment to identify and label your emotions around the troublesome situation. When thinking about what is bothering you, simply feel all your feelings about it.

Again speaking kindly to yourself – as you would a dear friend – say to yourself 3 times, with 3 inhales and exhales:

*“I allow my feelings to be as they are right now.”*

You can be specific, e.g. *“I allow my irritation (or anger, or whatever you are feeling) to be as it is right now.”*

## Your humanity

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Finally, recognize that your experiences and feelings make you human — that you are a part of a common humanity

For example, *“People all over the world feel this way in these situations.”*