

Writing about Acceptance

Acceptance is experiencing people, things, and situations as they are without trying to change them. **Radical acceptance** means recognizing that what we cannot change sometimes includes our own thoughts and emotions before, after, and in the moment.

Acceptance is *not* approval! Accepting someone has been rude to you, for example, does not mean you are okay with their rudeness - but instead that you have freed up your emotions to respond wisely. We can only control ourselves. Tough emotions are part of everyone's life, and acceptance can be a process that takes effort. Explore acceptance through a prompt or two:

1. List things you've accepted in your life. An embarrassing or regretful moment? A loss? A less-than-satisfactory job? A professional or scholastic challenge? A failure? A disagreement? What did you do to accept one of those experiences?
2. What's an example of a time you practiced *radical acceptance*? What was a tough thought, feeling, or behavior you worked to accept? What was it like for you to accept that tough feeling, thought, or behavior? How did accepting it help you?
3. We don't always have all the skills we need to manage every challenge. Sometimes, acceptance is like putting the problem on a shelf until you can work on it; that can look like asking for—or being open to receiving—support from someone else. What's an example of a time you accepted help from someone?
4. What do you typically think of when you hear the word *acceptance*? Approval? Acknowledgement? Do you have a negative, positive, or neutral relationship with acceptance? Has this worksheet changed your sense of acceptance? How so?

See ypsiwrites.com and Washtenaw.org/wishyouknew for additional information, writing prompts, workshops, and opportunities to engage!

