CHARLOTTE ANXIETY AND DEPRESSION TREATMENT

Grow Your Happiness

ACCEPTANCE WORKSHEET

Help me accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Aims :

To live in harmony with conditions/emotions that we cannot change, rather than expending a great deal of energy struggling with anger and resistance when things surprise us or don't go our way.

To practice saying "This is the way things are right now and I don't prefer" it or" I would like it to be different" Instead of " I can't stand the way things are right now and I cant tolerate it."

To learn how to direct your physical and emotional energy towards strategies how to best move out of a stuck place instead of towards fueling/feeding anger or sadness at yourself others or a situation that has already happened or you have not control over.

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ACCEPTANCE WORKSHEET FEELINGS

Help me accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

What am I not accepting?

Identify a feeling you are struggling with. List some things you cannot change about the feeling that you spend a lot of time ruminating and thinking about. Are you stuck? Are you beating yourself up or a feeling, judging the feeling, wishing you didn't have that feeling? Working on accepting and opening up to you feelings allows you to move through them and make progress moving forward.

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ACCEPTANCE WORKSHEET SITUATIONS

Help me accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

What am I not accepting?

Identify a situation you are struggling with. List some things you cannot change about the situation or feeling that you spend a lot of time ruminating and thinking about. Are you stuck? Are you beating yourself up? What is not accepting this situation costing you?

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