



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 can't tolerate it."

To learn how to direct your physical and emotional energy towards strategies to best move out of a stuck place instead of towards feeding anger or sadness at yourself, others, or a situation that has already happened or you have no control over.

## Instructions:

On the following two sheets explore an emotion and/or a response to a situation where you are struggling with acceptance.

# 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 for the feeling, judging the feeling, wishing you didn't have the feeling? Working on accepting and opening up to your 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 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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