

Tool 9: Acceptance

There may be some sources of pressure where you really cannot change anything, not even the way you think or feel about them. In these cases, rather than try to control or change the negative thoughts and emotions aroused, watch them pass through your mind and accept them, as follows:

- When you experience a stressful situation, recognise the negative feeling it arouses within you
- Break the negative feeling into individual thoughts and emotions
- Be willing to experience each thought and emotion as it passes through your mind – you don't have to like it, but you do have to be willing to experience it and not struggle with it
- Recognise that they are just thoughts and emotions – they are not you
- Recognise that you have a choice about how you respond – you can remain committed to your goals and priorities and not get sidelined by the negative thoughts and emotions aroused by particular situations.

In order to practice this process, look back at the sources of pressure you identified in Tool 1 that you could not control and choose a few for which none of the tools considered so far seem to help. With these sources of pressure, imagine you are in the situation and work through the stages above. Write below how this exercise makes you feel: