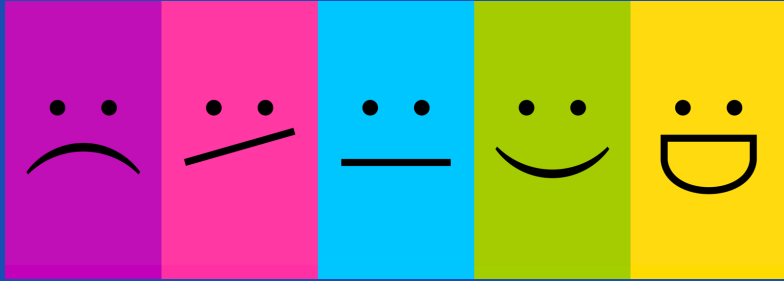


Accepting emotions

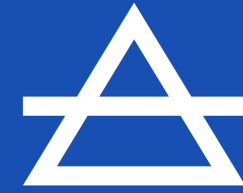


Step 1: Identify the negative emotion

Step 2: Accept the negative emotion

Step 1: Appreciate the negative emotion

Step 1: Apply a resourceful thought



**KEEP
THRIVING**

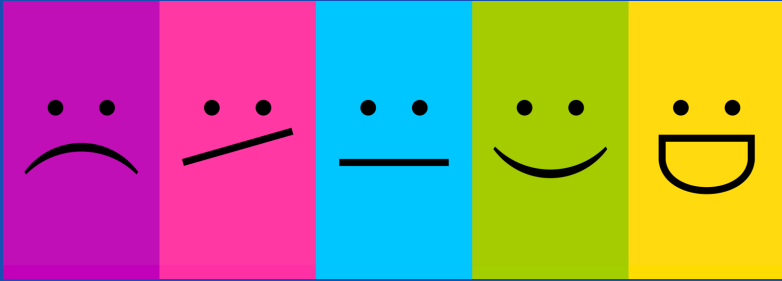
Step 1:

Identify and write down the negative emotion you experience:

Accepting emotions



**KEEP
THRIVING**



Step 1: Identify the negative emotion

Step 2: Accept the negative emotion

Step 1: Appreciate the negative emotion

Step 1: Apply a resourceful thought

Step 2: Acceptance

Think of something you accept that is completely unrelated to the identified emotion. It can be anything you acknowledge and put up with. It could be bad weather, sitting in traffic, doing dishes, etc., about which you just shrug your shoulders and get on with it.

How do you experience acceptance? Where in your body do you feel the acceptance? What is your physical posture of acceptance? Now, as you are experiencing the feeling of acceptance, imagine feeling this way towards the negative emotion. Just accept the negative emotion rather than fighting or resisting it.

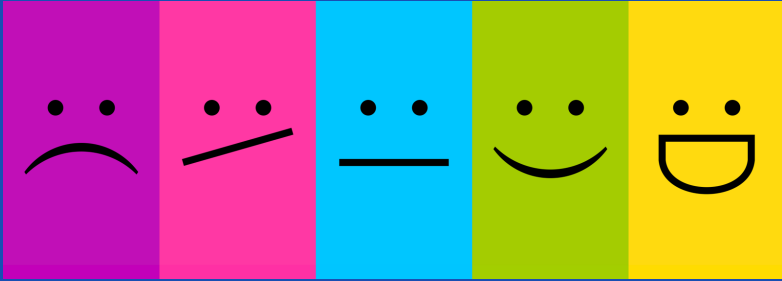
How does acceptance change your negative emotion? How does it influence or transform your sense of being able to handle things? Do you like this feeling of acceptance? Would you like to keep it and make use of it in those times when you really need it?

Whenever the negative emotion comes up again, you can just accept it rather than letting it spiral out of control. Not letting yourself get anxious or nervous about the emotion... but just accepting it.



**KEEP
THRIVING**

Accepting emotions



Step 1: Identify the negative emotion

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Step 1: Appreciate the negative emotion

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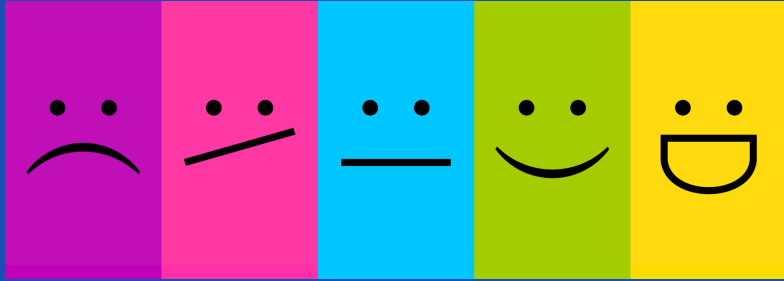
Step 3: Appreciating

Think of something you really appreciate. Anything from a beautiful sunset to a warm cup of coffee, to encouraging words from a loving partner.

As you imagine this sense of appreciation, where do you feel it in your body? What is your posture of appreciation? Now apply this sense of appreciation to the negative emotion. Just appreciate that the negative emotion is there to warn you of something.

The negative emotion is a gauge, and you can appreciate that it is there to serve a purpose. Appreciate the fact that the emotion has a role to play, but you don't have to dwell on it.

Accepting emotions



Step 1: Identify the negative emotion

Step 2: Accept the negative emotion

Step 1: Appreciate the negative emotion

Step 1: Apply a resourceful thought

Step 4: Apply resource

What resourceful or empowering way of thinking or feeling do you want to have over the negative emotion?

This could be anything: calm, confidence, curiosity, contemplation, bravery, or whatever. Choose one or think of your own. As you experience this empowering sense, apply it to the negative emotion. You can now be calm about the negative emotion... confident or curious.

Write down the empowering thought or emotion you want to experience:

As you make this mental move, you will become aware that the negative emotion has less hold on you. You have created a separation or distance between you and the negative emotion.

