

4.7 Radical Acceptance of True Self

Name: _____ Date: _____

This exercise will help you to gain practice in accepting yourself for who you are and who you wish to be. Answer the questions below as honestly as you can. Do this exercise at least once per week for the duration of this course and see how your answers change as you gain more experience in acceptance.

What do you care about? What gives your life passion and meaning?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

What thoughts, feelings and behaviors generate feelings of blame, guilt or shame in you?

[illegible]

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Of the things about yourself above that generate feelings of blame, guilt, or shame, do any of them reveal hidden strengths? How? Example: If you get angry easily, could it be because you are passionate about the things you care about? Could this passion be turned into a strength?

What are some ways that you could accept these feelings of blame, guilt or shame as parts of yourself without having to buy into them? Are there any ways that you could think about these feelings and thoughts so that they are no longer a problem? Be as specific as possible in your answers.

How would these different ways of believing and behaving about your thoughts and feelings create a more compassionate and positive reality in your life? To complete this section, you may wish to draw upon your responses to the *Being Effective: The Power of Intention* exercise from Session 1.

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What would have to change about the way you view yourself in order for you to be able to live more fully in your True Self?

What strengths do you possess that will allow you to make those changes?

What are some potential things that could go wrong when you plan to make those changes?

What are some potential solutions if those things go wrong?
