

# Acceptance: Emotional Weather Report

Name \_\_\_\_\_ Date \_\_\_\_\_

**Concept:** Emotions are like weather because they are constantly changing, sometimes intense, but never permanent. This exercise helps you notice and accept your emotional experiences as part of a natural, shifting system.

**Instructions:** Pause for a moment. Take a few slow breaths. Imagine your inner emotional world as a landscape with changing weather.

## Step 1: Identify Your Current Emotional Weather

If your emotions were weather right now, what would they be?

- Sunny (content, calm, joyful)
- Cloudy (low energy, uncertain, numb)
- Rainy (sad, heavy, grieving)
- Stormy (angry, anxious, overwhelmed)
- Foggy (confused, unclear, disconnected)
- Windy (restless, agitated, unsettled)
- Mixed weather (multiple emotions at once)

Describe your current emotional weather in your own words:

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## Step 2: Map the Landscape

Where do you feel these emotions in your body?

Location(s) in body: \_\_\_\_\_ Intensity (0–10): \_\_\_\_\_

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Location(s) in body: \_\_\_\_\_ Intensity (0–10): \_\_\_\_\_

If this weather had a visual scene, what would it look like?  
(Example: dark clouds over mountains, light rain in a forest)

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### Step 3: Notice the Changes

Just like weather, emotions shift over time.

What was your emotional weather earlier today?

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What about yesterday?

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What patterns do you notice over time?

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### Step 4: Practicing Acceptance

Instead of trying to “fix” or “control” your emotional weather, experiment with allowing it.

**Reflect:**

What happens when you stop resisting this emotion?

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Can you let it be present, like watching a storm pass?

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What might this emotion be trying to communicate (if anything)?

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## Step 5: You Are the Sky, Not the Weather

In ACT, emotions are experiences you have, not who you are.

Complete the sentence:

“Right now, I am noticing the feeling of \_\_\_\_\_.”

How does this shift your relationship to the emotion?

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## Step 6: Nature Reflection (MBE Integration)

Think about how nature handles weather:

- Storms come and go
- Seasons change
- The sky remains, even during turbulence

Reflection:

How is your emotional experience similar to nature’s cycles?

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## Step 7: Values-Based Action

Even when emotional weather is difficult, you can still take meaningful steps.

What is one small action you can take today that aligns with your values?

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## Closing Reflection

Just as the sky does not resist the weather, you can allow your emotions to come and go without needing to control them. Acceptance creates space for living fully even in the midst of storms.

Goal: To develop awareness that emotions are temporary and part of the larger ecosystem of experience.