

Acceptance: Grounding with the Five Senses

Name _____ Date _____

Concept: Anchoring acceptance in the present moment by engaging your senses. Instead of resisting discomfort, this exercise invites you to gently notice your experience as it is, just like observing nature without trying to change it.

Instructions:

Find a comfortable place, ideally outdoors, but indoor spaces with natural elements (plants, sunlight, fresh air, natural objects) work too. Move slowly through each sense, noticing without judgment.

Step 1: SEE (Sight)

Look around you. Notice colors, shapes, light, and movement.

List 5 things you can see:

1. _____
2. _____
3. _____
4. _____
5. _____

Reflection:

What did you notice when you slowed down your seeing?

Step 2: HEAR (Sound)

Tune into the sounds around you, both near and far.

List 4 things you can hear:

1. _____
2. _____
3. _____
4. _____

Reflection:

How do these sounds come and go, like passing thoughts?

Step 3: TOUCH (Sensation)

Notice physical sensations (for example, temperature, texture, pressure)

List 3 things you can feel:

1. _____
2. _____
3. _____

Reflection:

What happens when you allow sensations to be present without resisting them?

Step 4: SMELL (Scent)

Gently notice any scents in your environment.

List 2 things you can smell:

1. _____
2. _____

Reflection:

Do these scents trigger memories or emotions? Can you observe them without holding on?

Step 5: TASTE (Flavor)

Notice any taste in your mouth or take a mindful sip or bite of something.

Identify 1 thing you can taste:

1. _____

Reflection:

What is it like to fully experience taste in the present moment?

Step 6: Acceptance in the Present Moment

As you engaged your senses, you may have noticed thoughts or feelings arise.

What thoughts or emotions showed up, if any?

Were you able to let them be there without pushing them away? If so, how?

How is this similar to allowing nature to exist as it is?

Step 7: Values-Based Action

Even with discomfort present, you can still take meaningful action.

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

Closing Reflection:

Just as nature exists without resistance, you can allow your inner experiences to come and go while staying grounded in the present moment.

Goal: Encourage experiential engagement with life rather than resistance to discomfort, using the senses as an anchor to acceptance.