

Linda Orrett

Naturopath - Hypnotherapist - Mindfulness teacher - Stress Management Therapist

ACCEPTANCE WORKSHEET

1. Bring the thoughts, feelings & physical sensations into your awareness and acknowledge them.	
Describe the situation that is causing you distress?	
List the thoughts that you are having about the situation.	
List the emotions you are feeling about the situation.	
List the physical feelings you are experiencing around the situation.	

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2. Ground yourself in the present moment	
Conscious breathing	An effective breathing exercise is to breathe in for a count of 4, hold for 2, breathe out for a count of 6 (or longer if you can do so), hold for 2, breathe in for 4...etc.
What can you see?	
What can you touch?	
What can you hear around you?	
What can you smell?	
What can you taste?	

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3. Reframe those unhelpful thoughts	
Unhelpful thoughts	Helpful thoughts
4. List 5 positive things that have come out of the situation e.g. this can be something such as help that you have	

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5. Think of at least 5 things to be grateful for in your daily life
