



Acceptance exercise



Imagine an unwanted thought, feeling, physical sensation or memory. It might be a challenge or conflict at work. It just pops into your head. You didn't ask it to but it did. Imagine it, picture it in a physical form. Interact with it, observe it with curiosity, welcome it like an invited guest, make space for it, soften it, hold it lightly, breathe into it, put your arms around it, carry it with you as you move forwards in life. Open up to it. This is acceptance.

Create space and allow what is present

What shape would it be?

What colour would it be? How heavy is it?

Ask yourself to describe it and name it.

NAME technique- Noticing, Acknowledging, Making room for, Expanding to work with difficult internal barriers.