
Day 8: Emotional Acceptance Practice

Today's Focus: Build tolerance for uncomfortable feelings

Time Commitment: 20 minutes

Core Exercise: Sitting with Discomfort

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

Evidence review:

One piece of evidence about my capabilities I'll remember today:

Understanding Emotional Avoidance (3 minutes)

Avoidance procrastination isn't really about avoiding tasks—it's about avoiding the uncomfortable emotions the tasks trigger. When we can tolerate discomfort, we reduce the need to procrastinate.

Common uncomfortable emotions when facing feared tasks:

- Anxiety, nervousness
- Uncertainty, confusion
- Frustration, overwhelm
- Shame, inadequacy
- Boredom, restlessness

What emotions do you most often try to avoid?

Main Exercise: Emotional Acceptance Practice (12 minutes)

Step 1: Trigger the Feeling (2 minutes)

Think about a specific task you've been avoiding. Really focus on it - imagine starting it right now.

Task: _____

What emotions are arising? _____

Where do you feel it in your body? _____

Rate the intensity (1-10): _____

Step 2: Mindful Acceptance (5 minutes)

Instead of pushing the feeling away or acting on it, practice sitting with it:

Set a timer for 3 minutes

1. **Observe the emotion** like a scientist. Don't judge it as good/bad.
2. **Breathe normally** - don't try to control your breath.
3. **Notice body sensations** - tension, temperature, movement.
4. **Watch the emotion change** - it will shift, peak, and fade.
5. **Stay curious** - "Isn't this interesting that I feel this way?"

During the 3 minutes, what did you notice?

- How the emotion changed: _____

- Physical sensations: _____

- Any urges to escape: _____

Rate the intensity now (1-10): _____

Step 3: Reflection and Learning (5 minutes)

Complete these observations:

"When I sat with the uncomfortable feeling instead of avoiding it, I discovered _____"

"The feeling was _____ than I expected because _____"

"I learned that uncomfortable emotions _____"

"My urge to procrastinate _____ during the exercise"

Accountability Partner Connection (2 minutes)

Purpose: Create external support for your progress

If you identified an accountability partner on Day 5, reach out today

Text/call/message them:

"Hi! I'm on Day 8 of working through my avoidance patterns. This week I'm learning to sit with uncomfortable emotions instead of immediately avoiding them. How has your week been?"

If you don't have a partner yet:

Who could I ask to check in with me weekly? _____

When will I ask them? _____

Micro-Practice for Today (1 minute)

Set a reminder for later today:

When you feel the urge to procrastinate, pause and sit with the emotion for just 1 minute before deciding what to do.

Reminder set for: ____:____

Tomorrow's Preparation

Tomorrow we'll practice cognitive distortion identification - catching the thinking traps that fuel avoidance.

Emotional Tolerance Thought:

"Feelings are temporary visitors. I can experience them without being overwhelmed by them."
