



Acceptance: What Am I Fighting?

A Reflection on Acceptance

Acceptance is often misunderstood.

It does not mean that I approve of what happened. It does not mean I have to like it, agree with it, forgive it, trust it, or continue tolerating it. **Acceptance means I am willing to see what is true now.**

Sometimes the event itself is no longer changing, but I am still fighting with the fact that it happened, with the way someone behaved, with the outcome I did not want, or with the reality that something may never become what I hoped it would be. That resistance can keep me emotionally tied to the situation.

There is another layer too. What happened and what I decided it means are not always the same thing.

Acceptance asks me to stop arguing with what happened. Reflection asks me to examine what I have decided it means.

What Happened?

1. What situation am I having difficulty accepting?

2. What actually happened?

Consider: Stay as close as possible to the observable facts.

3. What do I wish had happened instead?

What Am I Resisting?

4. What part of this reality am I still arguing with?

Consider: what another person did, what they did not do, an outcome, a loss, a limitation, a consequence, something about myself, or something I cannot change

5. What am I still waiting for to be different before I believe I can move forward?

6. What am I trying to make happen that may not be within my control?



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What Have I Decided It Means?

What happened may be fixed. The meaning I have attached to it may deserve a closer look.

7. What am I telling myself this situation means?

Consider: what I have decided it means about me, another person, relationships, my future, my worth, my safety, or what will happen next

8. Which parts of that are facts, and which parts are my interpretation?

What I know: What is observable, factual, or directly known right now.

What I am interpreting, assuming, or predicting: The meaning, conclusion, assumption, or prediction I am adding to the facts.

9. Is there another way to understand what happened without denying or minimizing it?

What Is Resistance Costing Me?

10. How am I continuing to fight this reality?

Consider: rumination, anger, attempts to control, repeated arguments, avoidance, bargaining, withdrawal, resentment, or waiting for someone else to change

11. What is that fight costing me today?

Consider: peace of mind, emotional energy, relationships, recovery, self-respect, time, presence, opportunities, or the ability to move forward

12. What am I still carrying from this situation that is affecting my life today?

What Does Acceptance Actually Require?

Acceptance is not approval. It is not passivity. It does not require me to stay in an unhealthy situation, abandon a boundary, tolerate mistreatment, or pretend something did not matter.



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What Does Acceptance Actually Require?

13. What becomes possible once I stop requiring reality to be different before I can decide what to do next?

What Is Mine Now?

14. What part of this situation is no longer mine to control?

15. What still belongs to me?

Consider: my choices, boundaries, honesty, healing, expectations, attitude, communication, preparation, and response

16. What would the person I want to become do with reality as it is?

17. What is one next action I can take without waiting for the situation, another person, or the past to become different?

Before I Move Forward

Am I responding to what is true, or to what I wish were true?

Am I accepting the facts while still examining the meaning I have attached to them?

Am I waiting for something outside of me to change before I allow myself to move forward?

What is mine to do now?

The Principle

Acceptance asks me to stop arguing with what happened. Reflection asks me to examine what I have decided it means.

I do not have to approve of reality in order to respond to it.

I do not have to like what happened in order to stop fighting the fact that it happened.

And I do not have to keep carrying every conclusion I formed because of it.

Acceptance begins when I become willing to work with reality as it is, rather than waiting for it to become what I wanted it to be.