

TURNING THE MIND

Turning the mind is choosing to accept. It's like facing a fork in the road. You have to turn your mind toward the acceptance road, and away from the road of rejecting reality.

STEP BY STEP

Observe that you are not accepting. (Look for anger, bitterness, annoyance; avoiding emotions; saying "Why me?", "I can't stand this.", "It shouldn't be this way.")

Make an inner commitment to accept reality as it is.

Could you do it again, over and over? Keep turning your mind to acceptance each time you come to the fork where you can reject or accept reality.

Develop a plan for catching yourself in the future when you drift out of acceptance. Look for the emotions from step 1 and use "shoulds."

EVERY DAY RADICAL ACCEPTANCE

Practice accepting smaller, everyday situations before radically accepting more distressing situations and events. Try the examples below:

- Accepting that it's raining on the day you planned to visit the beach
- Accepting that you're halfway to your destination and forgot something
- Accepting that you're speaking to someone who talks over you
- Accepting when someone cuts in line at the grocery store
- Accepting that someone next to you is chewing loudly
- Accepting that someone cut you off while driving
- Accepting when someone is talking during a movie
- Accepting when you drop essential items

