

## REALITY ACCEPTANCE

### ➤ 4 Options for Painful Problems:

1 – Solve the Problem

Either leave the problem or figure out a way to end or leave the painful event

2 – Change how you feel about the problem

Figure out how to turn the negative into a positive

3 – Accept it – literally just accept it

4 – Stay miserable

### RADICAL ACCEPTANCE

#### ➤ You have a choice:

You can either be miserable or figure out a way to accept reality of your own life

#### ➤ Radical = Complete & Total

➤ Radical Acceptance is when you accept something from the depth of your soul, when you accept it in your mind, heart, and in your body

#### ➤ When you radically accept something *you're not fighting it!*

➤ Now think about this – Can you change reality? How realistic are you being?

➤ Radical Acceptance *is when you stop fighting reality*

➤ Radical Acceptance is hard to fully explain and understand because it's something that is internal

➤ Pain + Non-Acceptance = Suffering

➤ Radical Acceptance *transforms suffering*

1 – Radical Acceptance *is accepting that reality is what it is*

➤ “What am I *not* accepting?”

➤ “What am I in *denial* about?”

2 – Accepting that the event / situation has a “cause” or “reason”

➤ Accepting that everything has a cause, a “reason” why it happened

➤ This is the *opposite* of “Why me?” *and* the belief that “Things *should not* be the way they are”

➤ “Should not” is Non-Acceptance and not being realistic

➤ We say *should not* about things that we think are not caused; when we say “it should not be this way or it should not have happened,” we are saying that there was no cause for this, and this is not being realistic

➤ Once you think that everything has a cause, then you will be able to better understand why “reality” should be the way it is

➤ Acceptance from this point of view is when you say everything should be as it is

➤ Acceptance is not saying it's nether good nor bad

- ✦ We don't necessarily have to know what the cause was, but accepting that there is a cause can help us begin to gain understanding of the cause
- ✦ Therefore, be thinking "Why did this happen?"
- ✦ When you understand the cause you'll be more apt to accept reality because you'll know why (the cause) it happened
- ✦ Radically come to accept in your mind, heart, and with your body

✦ How to do this? "Practice"

Practice letting go of tension, tightness, muscles

- ✦ Radical Acceptance is saying "yes" to reality, the moment, to what is

3 – Accepting that life can be worth living and meaningful, even when there's pain

- ✦ Realize most things in life are not as catastrophic as we make them out to be
- ✦ Figure out a way to build internally that life can be worth living
- ✦ Believing you *can't* do it makes it *impossible*
- ✦ Believing you *can* do it makes it a lot easier, and therefore increases the chances of being able to do it

✦ What gets in the way of Radical Acceptance?

That if you radically accept something it will prove you are passive, resigned, or have failed

- ✦ If you want change – accept first
- ✦ When you accept, then you can or will experience change
- ✦ Not saying "accept reality" and believe it can never change - *Reality is always changing*
- ✦ If you want to have influence on changing it, it's in your best interests to accept how it is *right now*
- ✦ Easy to accept things you like, when they're going your way
- ✦ Hardest when you hate what's happening, disapproving, not going your way
- ✦ Higher the pain harder the acceptance

✦ When it is hard to accept pain:

Generally, secretly deep inside – we actually believe that if we refuse to accept something that we don't like, all we have to do is throw a tantrum, or refuse to accept it in order to make it go away, *but it never does*

### **TURNING THE MIND**

- ✦ Radical Acceptance – something you have to do over and over and over, not just a one time thing
  - ✦ Keep turning the mind towards *acceptance*
  - ✦ Like walking down the road and you keep running into forks – the *choice is to* either accept or reject
  - ✦ Hard to do; key – *practice*
- Good news – as you keep practicing suffering gets less intense

- 1 – First notice – notice that you are actually not accepting
    - ✦ Tip off when you are not accepting – anger, annoyance, bitterness, or falling into the sea of “why me?”
    - ✦ Notice you may be trying to escape reality, block things out, covering up how you really feel about other things
  - 2 – Make an inner commitment is turning the mind to road of accepting
  - 3 – Do it again *repeatedly*
    - ✦ Over and over – many times in a minute, day, etc.
    - ✦ When realizing impatience, anger, annoyance – notice these thoughts
- Now count them, learn to say, “ok, its pain, but its not a catastrophe. I don’t like it yet I can stand it – there is a reason for this.”

## WILLINGNESS

- ✦ Agreeing to be a part of life
  - ✦ Turning “towards” and “not away”
  - ✦ The realization you are part of and connected to some causing process
  - ✦ Commitment to actively and effectively participate in that process
- 1 – When you allow the world to be what it is and let it not matter so much what it is,
  - 2 – You agree to participate in the world
    - ✦ Has to do with attitude or stance you bring to life
    - ✦ You can either complain or figure out a constructive, effective approach
    - ✦ What options will you choose?
- ✦ Willingness is “trying” with good, constructive, attitude
  - ✦ Life like a card game – all are dealt a hand – object to do your best with the hand dealt to you
  - ✦ To play as “skillfully” as you can – all about throwing yourself into life and participating fully
- ✦ *Willingness* opposed to *Willfulness*
  - ✦ Willingness is realizing you are a part of and connected to life; Willingness reflects being flexible
  - ✦ Willfulness is to deny life, forget life, refuse to be apart of it, when you sit on the sidelines, ignore it, destroy it, like terrible twos, saying no to reality and life itself, to what is; Willfulness reflects being stubborn
- ✦ Steps when Willfulness shows up
- 1 – Notice it, Observe it, Identify it, Describe it
  - 2 – Radically accept it (the willfulness that is there)
  - 3 – Turn your mind towards acceptance and willingness
    - ✦ Participate in reality just as it is
    - ✦ If you’re having trouble turning your mind – mind isn’t turning
  - 4 – Try a willing posture

- Ex – Open your hands; hard to be willing with clenched fists; relax body
- Next step – ask yourself, “What is the threat?”
- Usually immovable willfulness has to do with some kind of threat
- We’re thinking if we’re willing we have something to lose, something terrible is going to happen to us, something dangerous out there – could be true
  
- Immovable willfulness
- Involves some kind of catastrophe
- Not only is there a threat, something dangerous
- “I won’t be able to deal with it”
- We push it away, we ignore it, we deny it
- Willfulness allows us to do this
- Remember – willingness to actively participate in reality
- Willingness is what we need to overcome at the threat
- Willingness isn’t approval and not letting yourself lay down and get rolled over
- Ask: ”What’s the threat? Catastrophe?”
  
- Its all hard – but what’s your option?
- Find small thing to practice on
- Learn to challenge thoughts, beliefs so you can replace thoughts and beliefs