

Accepting the Transition

There is likely much about the world that has changed since you left. Buildings may look different, technology may have advanced, and the people in your life may have changed or passed away...

When Should you Consider Practicing Acceptance?

- Sometimes, you can feel better about distressing changes by solving a problem.
 - E.g., if you are feeling lonely, you can take steps to reconnect with old friends or join groups on social media.
- However, other times it may not be possible to solve the problem, and practicing acceptance is appropriate.
 - E.g., if a loved one passed away while you were gone, unfortunately there is no way to bring them back.



Why Practice Acceptance?

- Sometimes, we need to accept reality because we cannot change it.
 - Refusing to accept reality does not change reality. Instead, refusing to accept reality often fuels painful emotions like anger, sadness, and frustration.
- To accept reality **does not** mean that we think the reality is good or that we approve.
- Letting go of the refusal to accept reality can soften the pain/sadness and promote a sense of profound calmness and freedom to navigate the world as it really is.

Ways to Practice Acceptance:

- Practice Willingness
 - Willingness occurs when you accept what is and respond in a way that will be most effective given the reality.
- Willing Hands and Half-Smile
 - Relax your face, let your lips go slightly up at the corners, smile. Open your hands. A willing body posture will help your mind choose acceptance.
- Coping Mantra
 - Try saying something to yourself like “It is what it is”; “I can survive this, even if I don’t like it”; or “There’s no point in fighting the past”.
- Allow Difficult Feelings to Exist
 - Notice feelings like sadness, disappointment, and anger. Let them be without judging (e.g., saying they are bad or make you weak) or trying to change them.
- Turning the Mind
 - Choose to accept reality over and over again. Notice when you are refusing to accept reality and make the decision to accept by using one of the strategies above. Do this as many times per second, minute, or hour as needed.