

Accepting Things You Can't Change

Sometimes accepting things we can't change is the best option. Learning to let go means stopping attempts to change or fix the situation and begin to practice accepting it exactly the way it is. While difficult, letting go can provide increased freedom from the problem. Make a list of things in your life that you can change or have changed and then a list of things you have tried and most likely can't change. We can learn to accept ourselves and others and to accept our thoughts, feelings and memories instead of trying to change or avoid them.

The Can/Can't Change List

Things You Can Change
in Your Life

1. _____

2. _____

3. _____

Things You Can't Change
in Your Life

1. _____

2. _____

3. _____

List Ways to Let Go of Things You Can't Change

1. _____

2. _____

3. _____

4. _____

Feeling Better Strategies Worksheet

Feeling better strategies are designed to give people a roadmap or direction at times when they are feeling emotionally upset. Strong emotional reactions frequently activate self-defeating behaviors. To increase positive feelings and behaviors, it is helpful to learn ways to feel better. Writing an activity on a large colorful index card will reinforce the ability to learn these feeling better strategies when people need them the most. Visualize the words on the index cards to remind yourself of positive self-talk or action steps to take during times when the emotional part of the brain takes over. To feel better, do something different right when you are feeling bad.

List Things that Make You Feel Good



1. _____

2. _____

3. _____

4. _____

5. _____

Readiness to Accept Things You Can't Change

Sometimes accepting things we can't change is the best option. Learning to let go means stopping the attempts to change or fix the situation and begin to practice accepting it exactly the way it is. While difficult, letting go can provide increased freedom from the problem. Think about an ongoing long-term situation you have not been able to change and explore below your motivation to consider acceptance as a new alternative way of dealing with the situation.

Describe a situation in your life that you have been trying to change:

On a scale of 1-10, how ready are you to let go and accept that you can't change the situation?

1	2	3	4	5	6	7	8	9	10
Not Ready				Thinking About It			Ready		

On a scale of 1-10, how willing are you to let go and accept that you can't change the situation?

1	2	3	4	5	6	7	8	9	10
Not Ready				Thinking About It			Ready		

On a scale of 1-10, how confident are you that you can let go and accept that you can't change the situation?

1	2	3	4	5	6	7	8	9	10
Not Ready				Thinking About It			Ready		

Feeling Better Strategies Handout

When people are emotionally upset they typically resort to relief-seeking self-defeating strategies. With practice, people can retrain the brain to respond differently to emotional pain. Review the list below and select strategies that are right for you. Writing strategies on large colorful index cards and reviewing them daily will increase your confidence. Visualize the words on the index cards to remind yourself of your feeling better strategies. Doing something when you are overwhelmed with negative emotions will help you turn down the volume on intense moods and feelings.

Make a list of pleasurable things to do.	Develop good sleep routines.
Engage in regular physical exercise.	Take steps to increase physical activity.
Participate in self-growth and development.	Be mindful or aware of your feelings.
Improve relationships.	Solve problems.
Express feelings in a journal.	Manage stress.
Call a friend.	Practice positive self-talk.
Practice deep breathing and relaxation.	Accept your feelings.
Engage in a fun activity.	Reduce automatic negative thoughts.