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Name	Date
This exercise will help you to gain practice in accept wish to be. Answer the questions below, being as honce per week for the duration of this course, and some experience in acceptance.	onest as you can. Do this exercise at leas
What do you care about? What gives your life passion	on and meaning?
What thoughts, feelings and behaviors generate feel	ings of blame, guilt or shame in you?

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Name	Date
Of the things about yourself above that generate feeling them reveal hidden strengths? How? Example: If you get are passionate about the things you care about? Could the	t angry easily, could it be because you
What are some ways that you could accept these feeling yourself without having to buy into them? Are there any feelings and thoughts so that they are no longer a proble answers.	ways that you could think about these
How would these different ways of believing and behave create a more compassionate and positive reality in your	ving about your thoughts and feelings

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Name	Date
What would have to change about the way you view yourself more fully in your True Self?	in order for you to be able to live
What strengths do you possess that will allow you to make the	ose changes?
What are some potential things that could go wrong when you	ı plan to make those changes?
What are some potential solutions if those things go wrong?	