

Journal Exercise: Acceptance for Understanding

As you continue to reflect on the Acceptance for Understanding exercise, please record the details of your experience here.

Reactions to this exercise:

If you were to locate the experience within your body where would it reside?

How does it feel to have this experience as a physical sensation?

What does having this experience say about what's important to you, about your life, about yourself? Maybe what's missing in your life as a result of struggling.

Remember: If it isn't important, you wouldn't be experiencing discomfort/pain.
