



# ACCEPTANCE



## NOTICE & NAME THE EMOTION

Where is it? Which colour?  
Shape? How big? Warm or  
cold? Moving or still?

## BREATHE INTO IT AND MAKE SPACE FOR IT

Pushing it away hasn't helped;  
you may as well allow it to exist.

This feeling is part of being  
human; give it permission to be  
there.



**Breathe** and let the feeling be there.

Continue until you feel yourself

**accepting** the feeling.