



Acceptance: Turning the Mind

Turning the mind is like facing a fork in the road. In moments of high stress, you are faced with the decision to take the road towards Acceptance or the path towards Rejection. “Turning the mind” is the act of choosing to start down the road of acceptance.

How to Turn the Mind

1. **Observe**: Notice your own cues that you are not accepting reality.
 - a. Emotions: Anger, bitterness, frustration
 - b. Thoughts: “Why me?” “What else could happen?”
 - c. Behaviors: Avoidance

2. **Turn inward**: Make a commitment to yourself to accept the moment. Take notice of how your body and mind react to this.

3. **Do it again**: Keep turning your mind towards acceptance. It is not enough to choose this road once. We need to repeatedly make the choice to accept. With each choice, notice how your body and mind react. With each choice, work towards relaxing your mind and body into the decision you are making.

4. **Make a plan**: Once you have moved through the situation, review and evaluate how you could successfully turn your mind again in the future. Note what you learned and ways you could improve.