



### Acceptance Agreement

I understand that the way I think and feel may create stress and difficulty in my life. I accept these thoughts and feelings. I will not add additional stress to my life by worrying about or feeling guilty about these thoughts and feelings. I accept these thoughts and feelings as part of my life. I understand that I need to focus on improving these thoughts and feelings, not dwell on them. I will endeavor to move forward and improve my emotional life. I understand and accept that I may have difficulty not dwelling on these thoughts and feelings, but I will endeavor to overcome this.

- I accept this: \_\_\_\_\_
- How does acceptance help me move forward?