

**S E S S I O N 4**

*Acceptance*

# O U T L I N E

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## The Presentation

**1. RESISTANCE**

**2. ACCEPTANCE**

**3. MISCONCEPTIONS**

1.

*RESISTANCE*



# 1 . R E S I S T A N C E

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## Daily Life

### PLEASANT THINGS:

- MAIL FRIEND
- COMPLIMENT
- NICE CONVERSATION
- ETC.

### UNPLEASANT THINGS:

- TRAFFIC JAM
- ARGUMENT
- BORING TASKS
- ETC.

# 1 . R E S I S T A N C E

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## Daily Life

### PLEASANT THINGS:

- MAIL FRIEND
- COMPLIMENT
- NICE CONVERSATION
- ETC.

**EMBRACE**

### UNPLEASANT THINGS:

- TRAFFIC JAM
- ARGUMENT
- BORING TASKS
- ETC.

**RESIST**

# 1 . R E S I S T A N C E

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## Unpleasant Things

- **ARE INEVITABLE**
- **CAUSE FEELINGS OF RESISTANCE**
- **TRIGGER THOUGHTS AND ACTIONS TO GET RID OF THEM**

# 1 . R E S I S T A N C E

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## Conflict

**NOW**

**PAIN**

**FEAR**

**SADNESS**



**CONFLICT**

**DESIRED**

**NO PAIN**

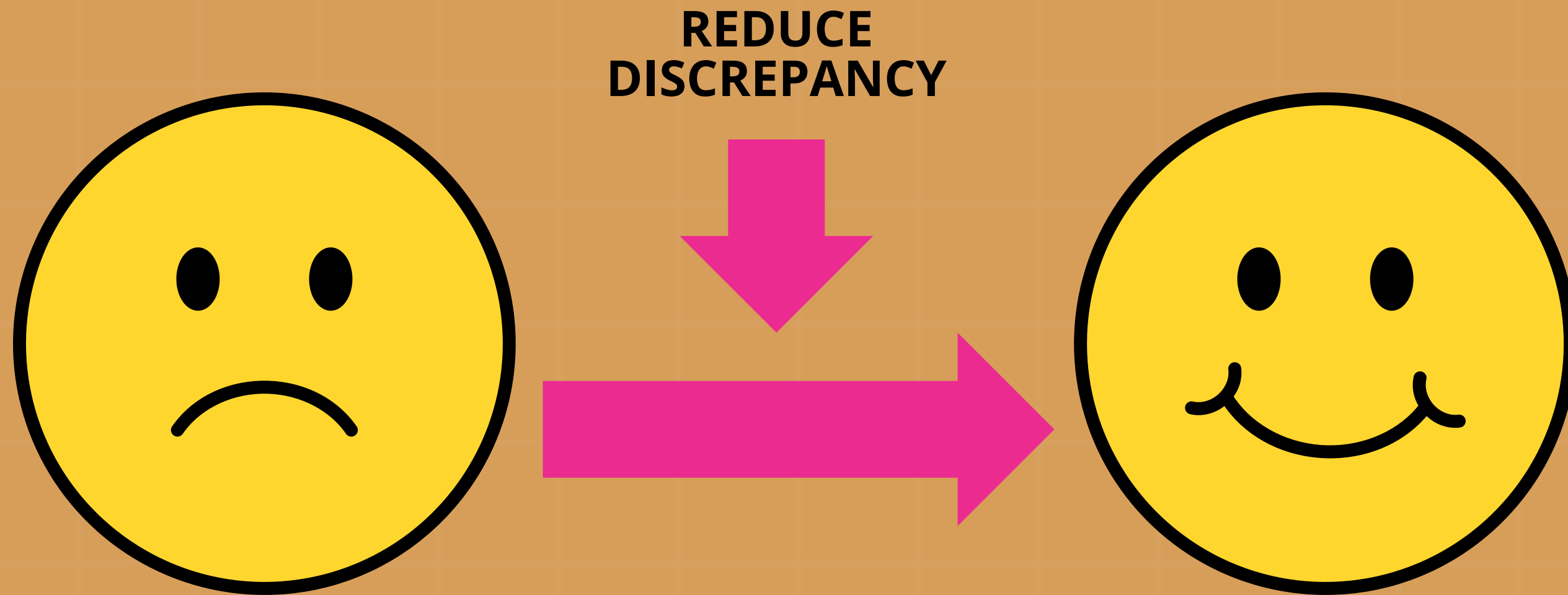
**NO FEAR**

**JOY**

# 1 . R E S I S T A N C E

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## Resolving the Conflict

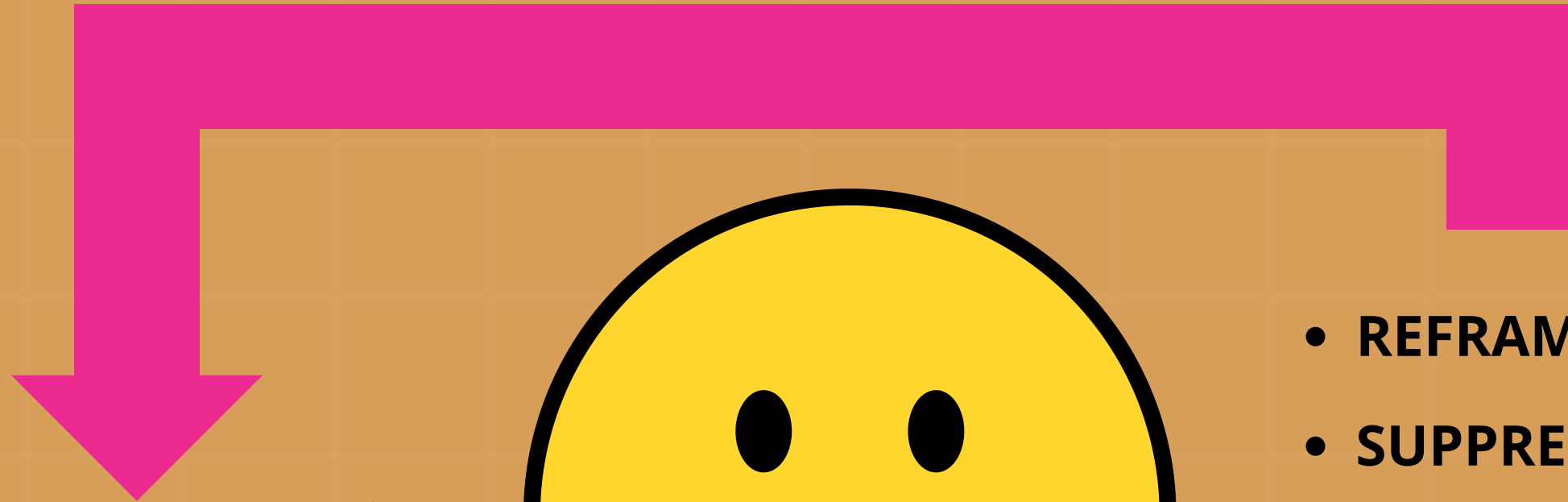




# 1 . R E S I S T A N C E

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## Resolving the Conflict



- REFRAMING
- SUPPRESSION
- DISTRACTION
- POSITIVE THINKING

2.

*Acceptance*



## 2 . A C C E P T A N C E

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# Exercise



*“I want to ask you to control your thoughts for two minutes. You are allowed to think of everything you want, except a white bear. Register every time you do think about a white bear. In other words, try to suppress every thought of a white bear.”*



## 2 . A C C E P T A N C E

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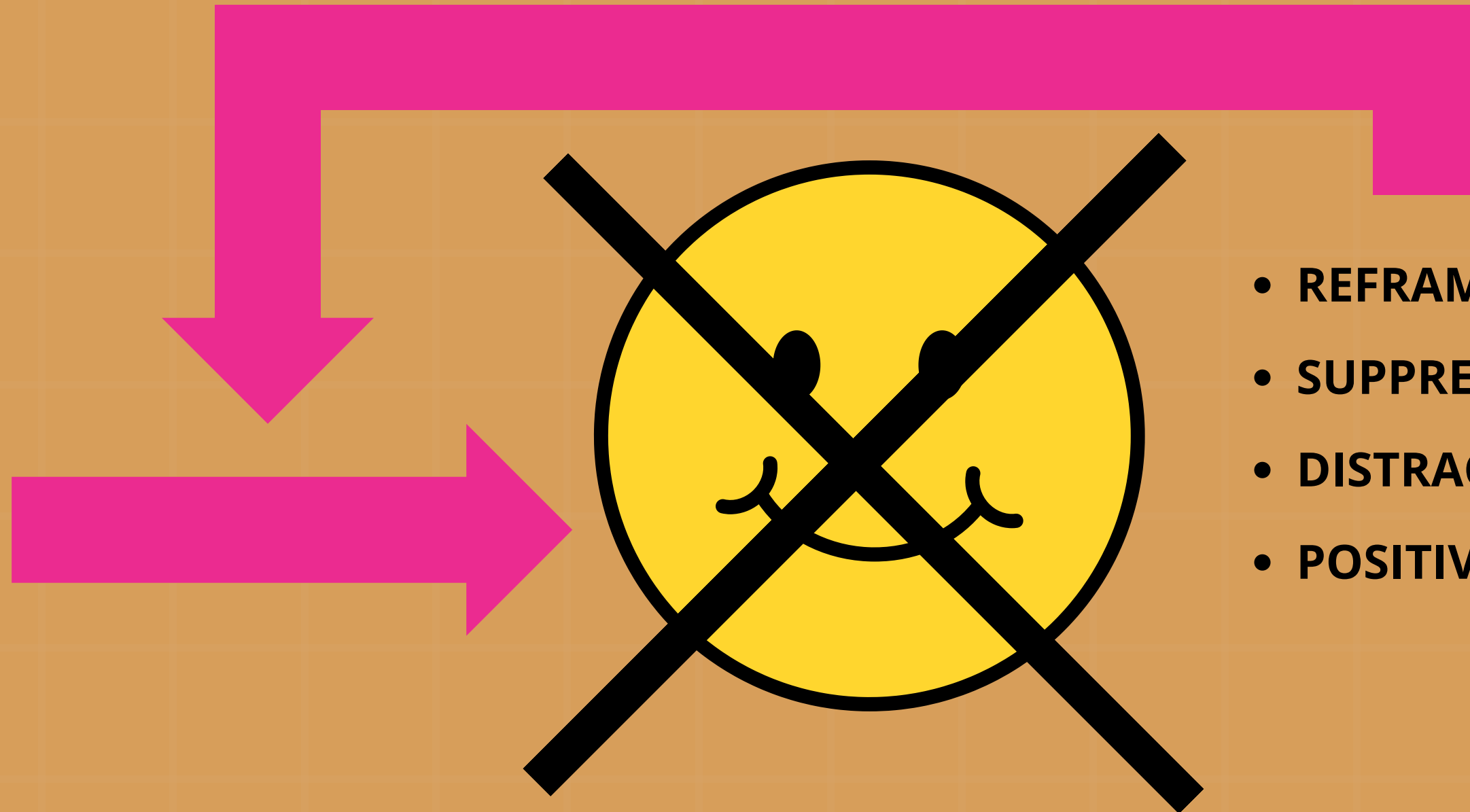
# Rebound effects

- **SUPPRESSING THOUGHTS? -> MORE THOUGHTS**
- **TRYING TO CONTROL WEIGHT? -> GAINING WEIGHT**
- **TRYING TO CONTROL SLEEP? -> NOT FALLING ASLEEP**

## 2 . A C C E P T A N C E

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# Resolving the Conflict



- REFRAMING
- SUPPRESSION
- DISTRACTION
- POSITIVE THINKING

## 2 . A C C E P T A N C E

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# Rebound effects

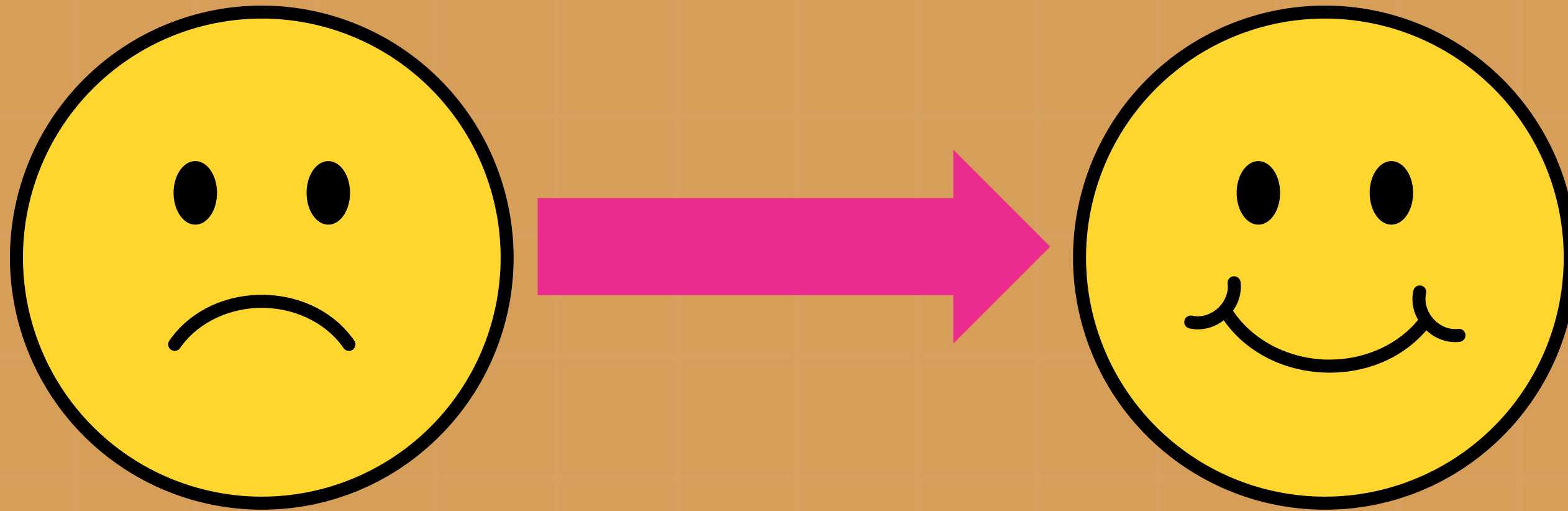
- **WILLINGNESS TO EXPERIENCE WHAT IS PRESENT**
- **PRESENT MOMENT FOCUS**
- **OPPOSITE OF AVOIDANCE**

## 2 . A C C E P T A N C E

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# Acceptance

**ACCEPT**



# 2 . A C C E P T A N C E

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## Acceptance

**NOW**

**PAIN**

**FEAR**

**SADNESS**



**NO JUDGEMENT**



**ACCEPTANCE**

**DESIRED**

**NO PAIN**

**NO FEAR**

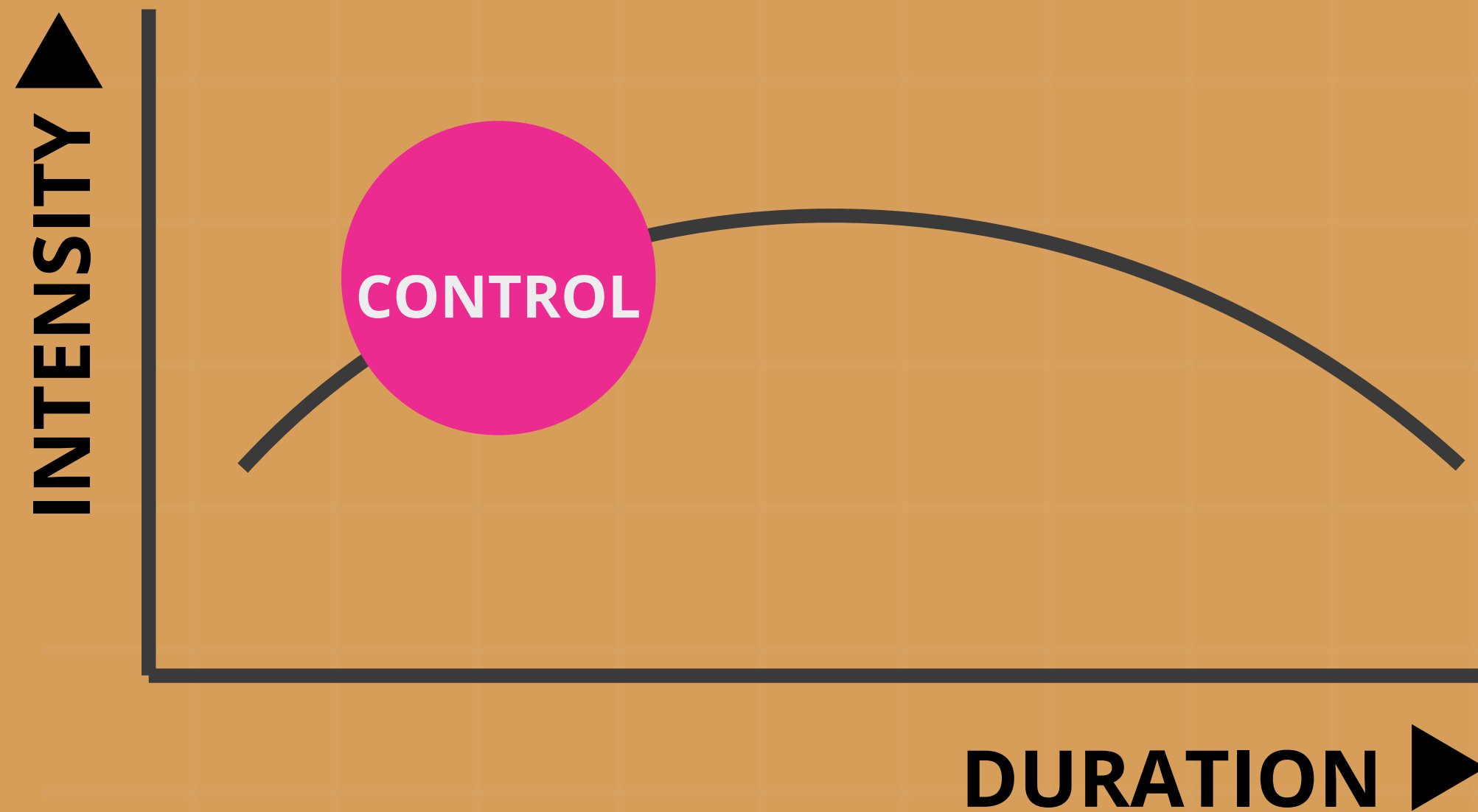
**JOY**



## 2 . A C C E P T A N C E

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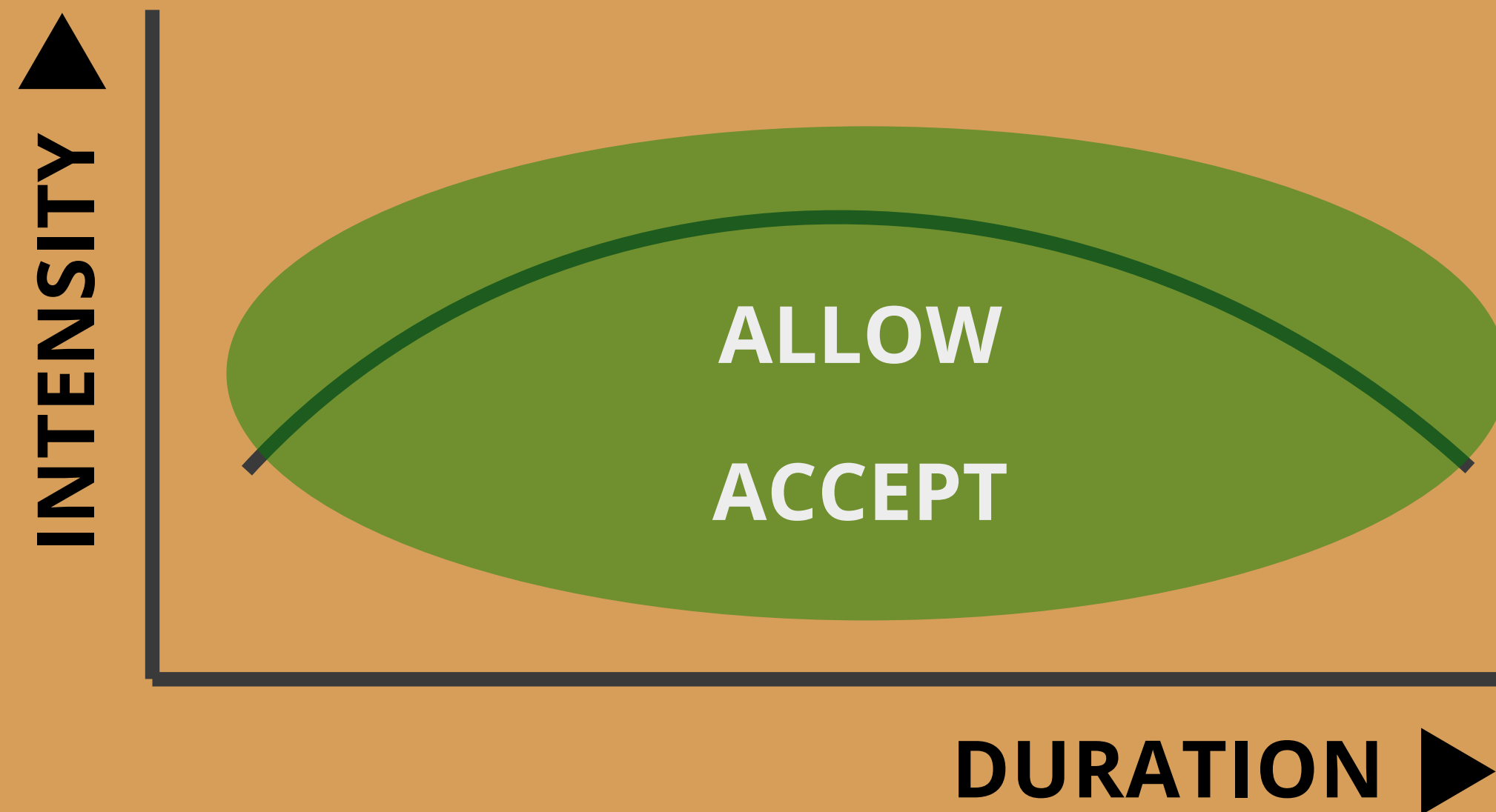
# Resistance



## 2 . A C C E P T A N C E

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Resistance



## 2 . A C C E P T A N C E

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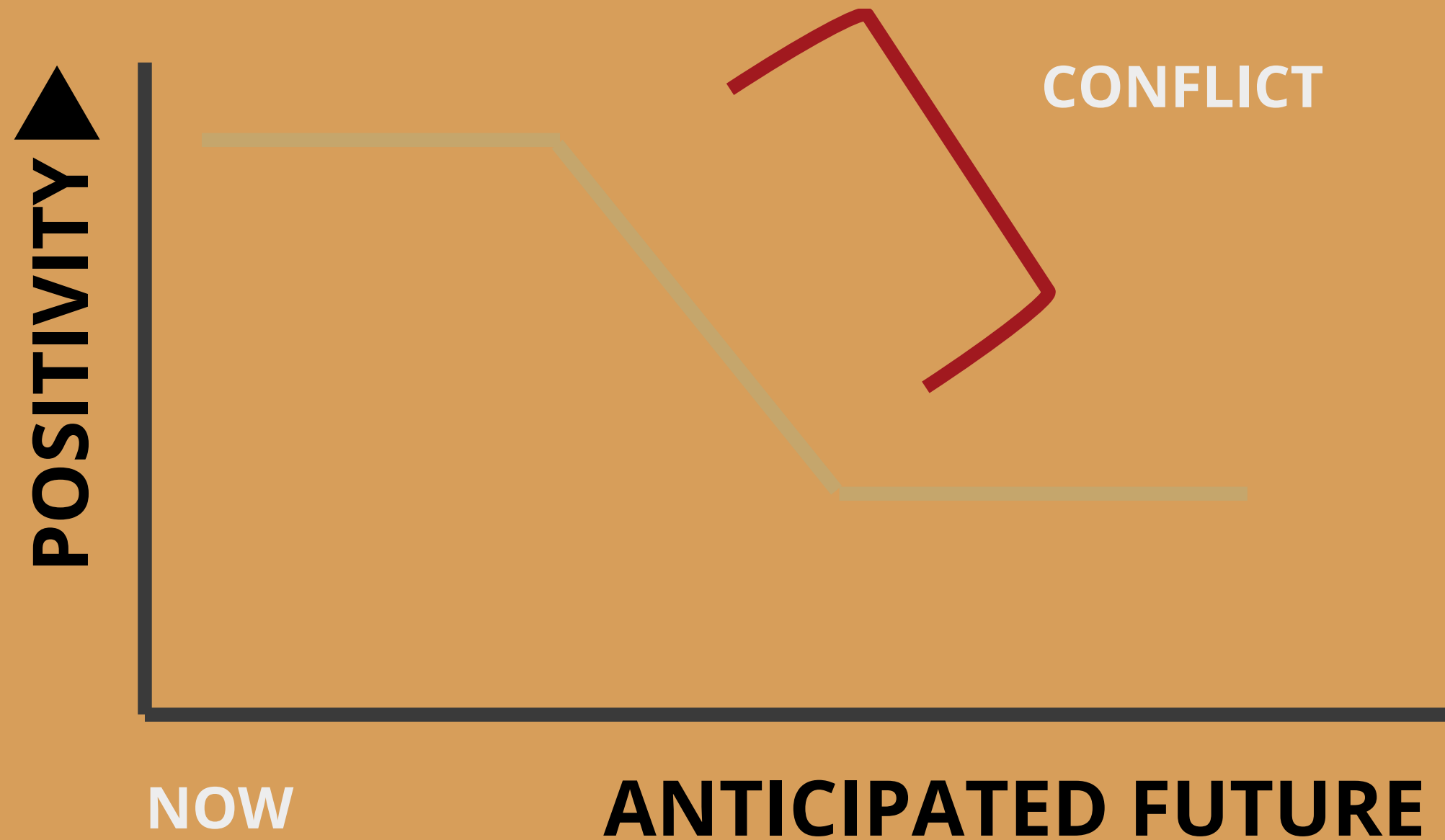
### Pleasant situations

- **LESS DIFFICULT TO DEAL WITH**
- **BUT, ATTEMPTING TO HOLD ON CREATES CONFLICT**
- **ATTACHMENT = MORE TRAPPED IN THINKING**

## 2 . A C C E P T A N C E

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# Pleasant situations



## 2 . A C C E P T A N C E

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# Mindfulness

- **SEE AND ACCEPT THAT NOTHING LASTS FOREVER**
- **CHANGE MAKES LIFE DYNAMIC**
- **EXPERIENCE INSTEAD OF AVOID CHANGE BECAUSE**
- **PLEASANT MOMENTS PASS, WE NEED TO EXPERIENCE THEM FULLY!**

3.

*Misconceptions*



# 3 . M I S C O N C E P T I O N S

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Acceptance is not...

- **INDIFFERENCE**
- **LIKING OR AGREEING WITH**
- **PASSIVE RESIGNATION**

## 3 . M I S C O N C E P T I O N S

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Acceptance involves...

- **WILLINGNESS TO EXPERIENCE**
- **TUNING IN TO PERSONAL FEELINGS**
- **LETTING GO OF CONTROL**
- **TAKING RESPONSIBILITY**



## 3 . M I S C O N C E P T I O N S

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### Example

**SITUATION: WRONGFUL ACCUSATION**

**ACCEPTANCE OF: FEELINGS OF ANGER AND FRUSTRATION**

**BUT ONE EXPRESSES DISCONTENT WITH THE ACCUSATION**

## 3 . M I S C O N C E P T I O N S

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### Example

**SITUATION: DELAYED TRAIN**

**ACCEPTANCE OF: FEELINGS OF ANGER AND FRUSTRATION**

**BUT ONE FILES A COMPLAINT WITH THE RAILWAY ORGANIZATION**

THANK YOU!

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*For your attention!*

