

# ACCEPTANCE SCRIPT

READ THIS TO YOURSELF ONCE PER DAY.

- ❖ For me to change and grow, I must first accept myself as I am, even the parts of me I avoid seeing. I must also accept my current situation as it is right now.
- ❖ I accept that I struggle with [*anxious/depressive/negative*] thoughts, feelings, and painful sensations. They are my mind's way of protecting me, but they do not define me. I accept them as being part of my current experience and I will try to observe them without judgment.
- ❖ If I continue to allow [*anxious/depressive/negative*] thoughts, feelings, and painful sensations to hijack my moments, I can be certain that I will continue to suffer as a slave to them.
- ❖ I deserve to be able to: \_\_\_\_\_  
*State one thing that anxiety, pain, depression, OCD, or drug use prevents you from doing or achieving.)*
- ❖ Today is a new day.
- ❖ Today, I am grateful for \_\_\_\_\_ because \_\_\_\_\_.
- ❖ Today, I will trust my ability to handle whatever comes my way.
- ❖ Today, I will observe my mind with compassion and patience. I will listen to my body and rest when needed. I will be kind to myself and to others.
- ❖ Today, I will look for moments to acknowledge my efforts, even if it feels forced.
- ❖ Today, I will focus on the present moment, because right now is all I have. Right now, I am safe. Right now, I am okay.
- ❖ Today, I will trust that my best effort will be worth any outcome, even if it isn't the outcome I hoped for.
- ❖ Today, I am willing to accept discomfort as I choose a life path that is authentically mine. It may be a long, bumpy road ahead, but I am a person of value, and I am deserving of love, peace, and healing.

*TODAY, I AM ENOUGH.*