



"Without suffering, there's no happiness. So we shouldn't discriminate against the mud. We have to learn how to embrace and cradle our own suffering and the suffering of the world, with a lot of tenderness."

Thich Nhat Hanh, *The Art of Transforming Suffering*

"SIT IN THE MUD" ACCEPTANCE

BE 100% HONEST WITH YOURSELF: THE FIRST STEP IN BUILDING A HEALTHY RELATIONSHIP WITH YOURSELF BUILT ON A SOLID FOUNDATION OF TRUST



Many of us were trained to put on rose-colored glasses, ignore the "bad," and just put on a happy face. Why doesn't this make us feel better in the long-term? Because being self-deceptive and attempting to discard your emotions (and reality) only produces more anxiety because it is disingenuous, counter-productive, and disconnecting.



Powering through and making the best of certain situations certainly has its place in life. In fact, going into survival mode is essential for our survival! However, we can get stuck in this survival mode, in a persistent state of stress if we do not have the skills to allow for deactivation of the nervous system to allow for calm. This requires acceptance and, at times, grieving loss and disappointment.

This "Sit in the Mud" practice is an actualized version of ACCEPTANCE, which is built on a foundation of many scientifically proven modalities, such as Acceptance and Commitment Therapy (ACT).

Be unapologetically real right now. Do not try to be "happy." Just be. Literally look around your home. What do you dislike (décor, sofa, your home overall, who you live with, etc.)? Be SPECIFIC.

Look around your home and list what you like about your surroundings. Be SPECIFIC.

What about your current life situations do you like (relationship status, family, car, financial situation, friendships, career, goal attainment, etc. Simply allow. Be vague or specific, whatever comes natural.

What about your current life situations do you dislike (relationship status, family, car, financial situation, career, friendships, etc. Let your disappointments flow. Be vague or specific, whatever comes natural.

How do you feel about these dislikes? Describe how you feel. List specific emotions.

List most painful disappointment in your life right now. Is there anything you can do to change this, or do you have to accept it for what it is?

What have you learned from this disappointment? Even if it is a lesson you feel you should've known or have had to face this disappointment over and over?

How do you feel about this disappointment? If you could literally speak to it, what would you say?

Can you allow yourself to ACCEPT that it's ok to feel disappointed about certain aspects of your life right now? If not, what is getting in your way of accepting?

We can be disappointed or even depressed about where we are at, because we are not living according to our BLUEPRINT, VALUES, and BELIEFS we have about what we want in life. Identify aspects that fall short of your expectations. Be real, so you may (1) take action to make changes, or (2) need to accept as-is, which may include the need for acceptance work, including cleansing and grieving practices in order to recover.

Relationship Status, Family and Social Dynamic

What You Wanted at this Point in Your Life?	The Reality	If You Can't Change this, May You 100% Accept What Is or Allow for Acceptance Work?	If You Can Change this, What Can You Do or Plan for Today to Make it Happen?

Career Status and Financial Situation

What You Wanted at this Point in Your Life?	The Reality	If You Can't Change this, May You 100% Accept What Is or Allow for Acceptance Work?	If You Can Change this, What Can You Do or Plan for Today to Make it Happen?

Overall Health and Well-Being

What You Wanted at this Point in Your Life?	The Reality	If You Can't Change this, May You 100% Accept What Is or Allow for Acceptance Work?	If You Can Change this, What Can You Do or Plan for Today to Make it Happen?