

RADICAL ACCEPTANCE



UNIVERSITY UNITED METHODIST CHURCH
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RECOGNIZING THE TRANCE OF UNWORTHINESS

"Recognizing the beliefs and fears that sustain the trance of unworthiness is the beginning of freedom."

-Tara Brach, *Radical Acceptance*

Consider the parts of yourself that you habitually reject and push away

BODY

Are you dissatisfied with your body because of aging, illness, or physical appearance?

MIND

Do you struggle with not feeling smart enough? Not funny enough? Not interesting enough? Are you ashamed by any thought patterns or a tendency towards distraction?

HEART

Do you accept your emotions as they are? Do you condemn, resist or reject certain responses you have to life or your experiences?

ACTIONS

Do you label yourself as "bad" or see yourself as falling short in response to certain ways that you behave?

As you go through your day, pause occasionally to ask yourself,

"In this moment, do I accept myself just as I am?"

Use this practice to become aware of how you are relating to your body, emotions, thoughts, and behaviors.

PRACTICES ARE ADAPTED FROM TARA BRACH'S BOOK, RADICAL ACCEPTANCE



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