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# Your Daily Practice

## Episode 7

What It Really Means To Accept And How To Do It  
With ACT Expert Dr. Diana Hill

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When you consider the word acceptance, what shows up for you? Acceptance is not about being passive, approval, allowing for harm or oppression. It's about opening yourself up bravely to the present moment so that you can turn toward your values. Here are some practices to try on in your daily life.

1. Identify your emotional avoidance strategy. Notice when you are avoiding discomfort by:

- Striving, doing, overworking
- Numbing out with substances, food, or exercise
- Distracting with technology or activities
- Bracing with your body
- Giving up or opting out
- Intellectualizing, over thinking, wishing it were different
- Blaming others

2. Accept with your mind. Say “yes” silently to yourself.

3. Accept with your body.

- Let go of your face, your belly, your shoulders your breath
- Open you hands and be willing with your fully body
- Open your heart

4. Accept with your behavior

- Practice opposite to emotion action
- Listen in to your deepest values
- Live a towards values lifestyle