

## MASA PROGRAM – ACCEPTANCE



By choosing to accept the things that are beyond our control, we avoid additional stress: that feeling of going against the flow, of swimming upstream... It is tiring and can cause a sense of being stuck, of discontent, distress, unhappiness, and frustration.

### **Important points regarding Acceptance**

1. If you find yourself constantly saying things should not be the way they are, for example, "I should not be having these symptoms," acceptance is needed.
2. Your reality is that this is what healing from prescribed drug withdrawal feels like and it is better to normalize what is happening than to resist with, "I should not be feeling this way. It needs to stop."
3. Remind yourself that this is what others who healed experienced. They got better. There is no reason why you should not heal.
4. Practise radical acceptance – accepting with your mind, body, spirit... by using a narrative of acceptance (so, this is what it feels like to heal) and coping tools such as visualization, mindfulness, etc.
5. Think of what you would do, how you would behave, what approaches you would use, if you were accepting, and then do them as if you have already accepted your situation... You act "as if.."

6. Imagine that you believe what is happening is for your good. What would you do? Then do it.

7. Allow yourself to have the doubts you have, validate having them, but don't come to a conclusion that the 'withdrawal voice' is right and don't believe anything you do not want to become your reality. So, you accept the way things are, but don't accept your interpretation of what is taking place, unless it is that you are healing.

8 Accept that you can feel frustrated or overwhelmed and still be hopeful... that pain and pleasure can exist at the same time, and that life can be worthwhile even while experiencing the most intense symptoms.

You are accepting your reality with peace. You can commit to these concepts and practise them whenever you notice yourself feeling resistance.

### **Acceptance is inappropriate when:**

You are being abused.

You are being manipulated or being treated poorly or with disrespect.

You are being harassed or taken advantage of.

You are emotionally unsafe and at risk of harming yourself or others.

### **Acceptance is appropriate when:**

You are experiencing a health challenge over which you have no control, for example, coming off psychotropic drugs.

You are experiencing a situation that you have tried to resolve in many different ways but are unable to. For example, being in pain and trying different forms of pain relief, without success.

You are coming to terms with the end of a relationship or friendship.

You are bereaved. Any situation that you cannot change.

Any outcome that involves the actions of another person.

Finally, remember that you can accept the pain, the discomfort – all the symptoms, and at the same time you can be proactive and explore options that may help with coping.