

PILLAR 03 • FREE REFLECTION GUIDE

Acceptance

Meeting What Is True

“Can I make my next choice from what is true—not what I wish were true?”

Acceptance does not mean approval, agreement, or pretending that pain does not matter. It means allowing reality to be the starting point for your next choice. When you stop requiring the truth to be different, the energy used to fight it becomes available for response.

RESISTANCE SAYS

“This should not be happening, so I cannot move.”

READINESS ASKS

“Now that this is true, what choice is available?”

HOW TO USE THIS GUIDE

Move slowly. Write what is honest rather than what sounds right. Choose one insight and one next step; you do not have to solve everything at once.



ACCEPTANCE • REFLECTION

What is asking to be seen?

Pause after each question. A short, honest answer is enough to begin.

01

What truth am I acknowledging with words but resisting with my energy?

02

What feeling becomes present when I stop arguing with this reality?

03

What does acceptance make possible that fighting has postponed?

04

What can be painful and true without becoming the end of my story?

05

What is one next choice that matches reality as it is today?



ACCEPTANCE • PRACTICE

Turn insight into movement.

Use the three-part practice to move from awareness toward one aligned choice.

01 • NOTICE

What fact, loss, limit, consequence, or feeling is present right now?

02 • NAME

What do I keep wishing, demanding, or pretending were different?

03 • NEXT

What response would align my next choice with reality as it is?

ONE SENTENCE TO CARRY WITH ME

“I can meet what is true without making it the end of my story.”

MY SEVEN-DAY COMMITMENT

For the next seven days, I will respond to reality by...