

DAY 9



RADICAL ACCEPTANCE



PRACTICE GUIDE

**WHAT WE RESIST PERSISTS.
WHAT WE ACCEPT TRANSFORMS.**

Fiona Soutter

PART 1

RADICAL ACCEPTANCE PRACTICE JOURNAL

Preparation

- Find a quiet, comfortable space.
- Sit or lie down in a relaxed position.
- Optional: Use a soft blanket or cushion.

Breathing

- Breathe in slowly through your nose for a count of 4.
- Hold briefly.
- Exhale slowly through your mouth for a count of 6.
- Continue this for 1-2 minutes.

Body Scan

- Gently scan from the top of your head to your toes.
- Identify an area of tension or emotional heaviness.

Non-Judgmental Awareness

- Focus on the sensation.
- Notice: shape, size, temperature, and texture.
- Affirm:
 - *"This feeling isn't good or bad - it simply is."*
 - *"I don't need to fix or understand it now."*

Radical Acceptance

- Internally say:
 - "I see you, and I accept your presence."
 - "You are allowed to be here exactly as you are."
- Breathe gently into the area and observe what happens.

Integration

- After the practice, take a few grounding breaths.
- Slowly open your eyes.

PART 2

JOURNAL REFLECTION

Take time to reflect on your experience:

What emotion or sensation did you work with today?

How did it feel to approach it with acceptance rather than resistance?

What changes did you notice when you practiced acceptance?

PART 2

JOURNAL REFLECTION

Take time to reflect on your experience:

Where else in your life might this approach be valuable?

What made this practice easy or challenging for you?

PART 3

DAILY INTEGRATION REMINDERS

When an uncomfortable feeling arises, say:

"I accept this feeling without judgment."

Notice physical sensations without labeling them

"good" or "bad."

When triggered, create a brief pause to accept your
reaction before responding.

Before bed, reflect gently on any unresolved feelings.

Remember: Acceptance does not mean liking
— it means acknowledging.



CLOSING THOUGHTS

Acceptance is a powerful gateway to emotional freedom. What we meet with love and presence transforms. Continue honoring your emotional landscape with compassion.

Coming Tomorrow:
DEEPENING EMOTIONAL RESILIENCE
