FORM 11.9

Accepting Emotion

Rather than try to get rid of an unpleasant emotion, we can choose to accept it as an experience we are having at the present moment. And once you accept that you have an emotion, you can still choose to engage in some meaningful or pleasurable behavior. For example, you might notice that you feel sad, but you can still see your friends or do your work. In the form below, write down some examples of an emotion you might experience in the left-hand column. In the middle column, write down some words of acceptance for that emotion. "Words of acceptance" can include the following: "I notice that feeling," "There it is," "I am feeling [*X*] at the present moment." In the right-hand column, write down some meaningful activity that you can engage in.

Emotion or sensation I notice	**Words of acceptance**	**Meaningful activity**

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