



BELONGING
starts at home
building capacity where it counts

Secure Parenting Series

Name:

Belonging Starts at Home

MODULE 1, LESSON 1 - Acceptance Activity

The quality or state of being aware; knowledge or perception of a situation or fact, a concern about and well-informed interest in a particular situation or development; knowledge and understanding that something is happening, exists, or has happened.

The Process of Acceptance

The Process of Acceptance is identifying your emotions attached to the event, person or relationship and rather than resisting or denying those emotions, acknowledge them, admit them and reason that it is okay to feel those feelings.

Five Stages of Acceptance

Denial – Clinging to a false sense of reality. *Feelings of avoidance, confusion, elation, shock, fear*

Anger – Blaming someone else. *Feelings of frustration, irritation, hostility, anxiety*

Bargaining – Avoiding the reality of the pain, loss or disappointment. *Feelings of justifying your actions, struggling to find meaning, rationalizing your thoughts*

Depression – Giving up on hope and/or feelings of helpless. *Feelings of being overwhelmed, helpless, worthless, alone, extreme sadness,*

Acceptance – Accepting the true reality of your situation. *Feelings of moving on; willingness to explore options; hopeful,*

STRATEGY TO MOVE TO THE ACCEPTANCE STAGE

TRAUMATIZING EVENT:

STAGE (S)	WHERE ARE YOU	GETTING TO ACCEPTANCE (REASONS FOR STRUGGLE)
DENIAL		1. 2.
ANGER		1. 2.
BARGANING		1. 2.
DEPRESSION		1. 2.
ACCEPTANCE		1. 2.

Angela Wilson, M.Ed., Certified Mental Health Screener

