

# Secure Parenting Series

Name:

### 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

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# **MODULE 1, LESSON 2 – Reflection Questions (Choose one or more.)**

TEDTalk, Dr. Nadine Burke Harris, How childhood trauma affects health across a lifetime

- 1. How have I noticed my past experiences affecting my physical and mental health today?
- 2. What specific health issues or challenges have I faced that might be connected to past traumas?
- 3. What are some ways I've worked to improve my emotional and mental health since recognizing my trauma?

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MODULE 1, LESSON 3: DAILY ACTIVITY CHALLENGE									
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MODULE 2, LESSON 3: See the comprehensive list of demonstrations and ideas and pick the top two of three you would like to focus on in the next three months and then write down actions in your journal that you will take to move forward.											
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<b>MODULE 3, LESSON 1:</b> : Select one or more of the instinctive responses (SELF-PROTECT, MITIGATE, COPE, AVOID) that you most closely identified with, then select 2-3 of the strategies you will									
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<b>MODULE 3, LESSON 2:</b> Can you identify any of the behavior patterns discussed in this lesson and the fear they may be rooted in?										
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<b>MODULE 3, LESSON 3:</b> What connections are you beginning to make from the lessons you have been through thus far and how they may inform your path forward?										
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MODULE 4, LESSON 1: What are some learning opportunities for yourself that you might like to begin to explore?									
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<b>MODULE 4, LESSON 2:</b> Identify insights and strategies from reviewing the Parent SEL Toolkit that can support you.									

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MODULE 4, LESSON 3: What are some things I can do to mprovement relationship and build partnership with my child's school?										

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