

ACCEPTING REALITY SKILLS

5 of Ten Effective Living Skill Sets

Why Are Accepting Reality Skills Important?

Accepting Reality Skills are most important for reducing frustration and intense negative emotions in our life. So many people waste an enormous amount of time struggling with and trying to change situations and others that are outside of their control. Life becomes easier when we accept reality and focus our energy on controlling our responses to life events and stop trying to control others.

RECOGNIZING AND LETTING GO OF VICTIMHOOD: I once read that when we don't take responsibility for our actions, we will blame someone or something for our problem. Victimhood is a state of mind that is ineffective and keeps us stuck in a downward spiral of blaming and self-pity. The anti-dote for victimhood is accepting full responsibility for how we think, feel and act. Practice accepting responsibility for ways in which you have contributed to problems you encounter in life. Accept responsibility for solving your problems. Seek advice and help when needed, but don't feel others are responsible for solving your problems.

I CAN'T CHANGE OTHERS: We often set ourselves up to be hurt time and time again when we hold onto unrealistic expectations for others. I have worked with a countless number of clients who irrationally believe that their parents, their siblings, or their children must change in the way they want them to change if they are to have any happiness or peace of mind. When those people do not make the changes they desire, they become frustrated and demoralized over time. This skill involves accepting that it is unlikely that certain people are going to make major changes in how they treat us. When we realize this, we free ourselves from trying to pressure them to change. We can also decide what boundaries we need to set to protect ourselves from future harm.

CAN'T CHANGE IT SKILL: This skill is about understanding that we can't change something that has already happened. We can take action to move forward in a responsible and positive way. If I have a fender bender, it does me no good to blame others or myself for the accident. By accepting that I can't change the accident that happened frees me to contact my insurance agent and do what is responsible to solve my problem. If you make a mistake, accept that you Can't Change It. Then do what you can to repair the situation. Often saying "Can't Change It" helps us to stop complaining and blaming and focus our attention on what needs to be done.

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Self-Study Requirements

Explanation: To become proficient at any skill, it is important to practice that skill numerous times. You will need to meet the following requirements to earn a completion certificate for the ACCEPTING REALITY Skill Set.

RECOGNIZING AND LETTING GO OF VICTIMHOOD

Requirement: On five different days take time to think about at least one thing that you complained about or blamed others for happening that day. Then own that problem and decide what responsible action you can take to stop feeling that you are a victim.

Dates you thought about and took some action to stop feeling you're a victim.

I CAN'T CHANGE OTHERS SKILL

Requirement: Take time to think about someone you want to change. Accept the likelihood that person may never change the way you want them to change. Let go of your unrealistic expectations, and instead focus on having a plan to respond differently so you will feel less frustrated and disappointed.

Dates on which you intentionally worked on accepting that another person is unlikely to change the way you would like them to change.

CAN'T CHANGE IT SKILL

Requirement: When something happens that frustrates you, acknowledge that you can't change it and let it go.

Dates you practiced using the CAN'T CHANGE IT skill.

On _____ I successfully completed all of the above requirements to earn my
complete date
completion award for the ACCEPTING REALITY Skill-Set. _____

signature