

A Quick Exercise

You begin at the beginning. Here is a possible starting point to practicing Radical Acceptance + Self-Compassion around your own negative feelings and experiences.

Be mindful. What is occurring right now inside of me?

Have a loving presence. How is this for me to feel? Bring curiosity to your strong emotions that show up.

“I think I’m lazy and procrastinating. I feel angry at myself for being such a sloth. I feel tired. I feel sad. I wish I didn’t feel sad. I have so much to be grateful for in my life.”

As you listen, simply note which parts of you are in the living room in your mind. In this example, as you notice if you are being mindful.

- Mindful of **feeling critical and judgmental** towards inactions.
- Mindful there is **anger** that “I” do nothing to make myself healthier or better in my life.
- Mindful there is a part of me which feels **tired** and somewhat sad.
- Mindful there is a part of me that doesn’t like sad or doesn’t like angry and is **wishing it could be different.**
- Mindful of a part of me that is **reminding me to be grateful** and to quit being sad.
- Mindful Awareness that “This is what I am right now” – and that **it is okay to be all of this** right now.

Isn’t it amazing what you can find when you go inside and notice?