



DYAN WILLIAMS

Empowering Insights for Life, Work and Business

ACCEPTANCE WORKSHEET

Say “Yes” or “No” to the following statements based on what is truer for you. Your answers do not have to be 100% true all the time, but just more representative of your general attitudes and usual tendencies.

1. ____ I can face difficult emotions (e.g. anger, sadness, fear) completely without needing to get rid of them or avoid them.
2. ____ I can experience pleasant emotions (e.g. contentment, joy, love) fully without clinging to them or wishing for more.
3. ____ I stay open to uncertainty with interest and curiosity.
4. ____ I am able to have inner peace even when I cannot control outcomes or external situations.
5. ____ I accept circumstances over which I have little or no control and focus on those over which I have greater influence.
6. ____ I can listen to others’ perspectives, which are different from mine, without needing to prove them wrong or convince them I am right.
7. ____ I can take responsibility for mistakes and failures without blaming myself or anyone else.
8. ____ I am able to sit with my feelings and allow them to flow without obsessing over why I have them.
9. ____ I can defend my position and still acknowledge the validity of opposing positions.
10. ____ I do not let imperfections prevent me from taking action or doing what truly matters to me.

Individuals who practice acceptance generally have the attitudes and tendencies listed above. This worksheet is designed to help you explore your own level of acceptance and is not a quiz where you calculate your score.

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