

**PATHWAYS 103 worksheet: Acceptance**

Based upon the final exercise, please complete the following worksheet.

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**What has it been like for me to struggle with this experience?**

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**What have I done to control this experience, and, have my attempts to control my experience caused even more distress or problems?**

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**What have I given up or put on hold in trying to reduce or control my pain? In other words, in my struggle to get rid of, reduce, or control my pain, what have I given up or put on hold in my life that is valuable?**

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