

Distress Tolerance Skill

Turning The Mind

Helps you move in the direction of radical acceptance



Sometimes when you are on the path of **acceptance** your mind starts to drift toward **rejecting** the reality of your situation. Anger and resentment might start creeping in.



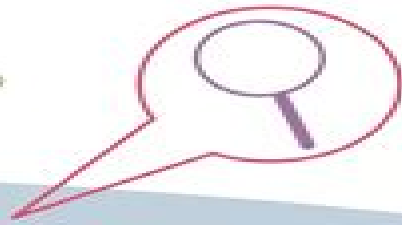
Turning The Mind means that you choose **acceptance** in the moment when your mind wants to move toward **rejecting** reality. It's like coming to a "fork in the road" and choosing to turn toward the path of acceptance.



Acceptance is a **choice** you have to make over and over and over again.

Turning The Mind In Four Steps

- 1) Observe that you are not accepting reality. Notice negative emotions such as anger, regret, sadness, resentment.



Rejecting Reality

Acceptance

- 3) Do it again, over and over. Make the choice to turn your mind toward acceptance when you come to the fork in the road.



- 2) Make an inner commitment to **ACCEPT** reality as it is.



- 4) Make a plan to catch yourself when you start moving away from acceptance in the future.



The Mind At Work

Yi-Tong Ma



The Mind At Work:

Uncover the mysteries within is enigmatic creation, **The Mind At Work** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

<https://archive.kdd.org/About/Resources/index.jsp/Teenagers%20And%20Their%20Hangups.pdf>

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