

Acceptance

1. Sheet on the ground

Have the person write down the decision they need to accept on a big piece of paper.

Ask them to stand on the paper and think about these questions:

- How do you feel about this decision?
- What benefits does this decision bring you?
- What's positive about this decision?

Afterward, talk it over together and ask:

- Imagine you're 80 years old, looking back on your life. How would you view this decision then?

2. Tell someone else

Explain that sharing their acceptance decision with others can be really helpful. Encourage them to ask others for feedback if they catch themselves falling back into old "grumbling" habits.