**Journal Exercise: Acceptance for Understanding**

Take some time to reflect on the Acceptance for Understanding meditation and record the details of your experience here. Keep in mind that there are no right or wrong ways to feel or respond to this exercise.

**Reactions to this exercise:**

**If you were to locate the experience within your body where would it reside?**

**How does it feel to have this experience as a physical sensation?**

**What does having this experience say about what’s important to you, about your life, about yourself? Maybe what’s missing in your life as a result of struggling. Remember**: If it isn’t important, you wouldn’t be experiencing discomfort/pain.

***Remember the Tug-of-War metaphor: Emotional pain is like a monster that***



***wants to play “tug-of-war” with us. The goal is to understand what the pain means to us so that we can drop the rope instead of trying to fight the monster.***