**Acceptance of Pain and Struggling**

As you continue to reflect on the Acceptance of Pain and Struggling exercise, please record the details of your experience here.

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

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

**What have I given up in the service of trying to reduce or control my pain? In other words, what have I sacrificed in my life that is valuable?**

***Remember to intentionally select your strategies:***



***1. Change: When we need to change something outside of ourselves.***

***2. Openness: When we are experiencing uncomfortable thoughts, feelings,***

***sensations, etc.***