



## Acceptance & Reinventing Yourself Discussion Questions

April 2023

1. The term acceptance means actively engaging with life as you are today. It's not giving up nor losing hope. What does acceptance mean to you?
2. Have you stopped and taken a step back to look at your life as it is- looking at your challenges and then your goals?  
What are some ways you can improve your quality of life given your current pain and/or illness?
3. Do your thoughts focus on feelings like 'Life isn't fair.' Or 'Why is this happening to me?' - If yes, have you tried disconnecting from your emotions – and choosing to focus on what you can control?
4. Have you tried journaling about your thoughts and emotions? If yes, how does it help you? If no, would you consider trying it?
5. What are ways you've learned to feel mentally calm even with difficulties? (This is called equanimity.) Are there tools you use for distraction?  
- Reference: : [Disability and Equanimity Need Not Be Mutually Exclusive](#)
6. What are ways you honor your limitations? Are you able to say no to things that are not important?
7. Do you find it difficult to be kind to yourself? What are ways you show yourself compassion? Self-compassion can be useful for acceptance.
8. Do you blame yourself for your pain and its limitations?  
(Removing self-blame can reduce suffering.)
9. What are ways you practice staying present? Have you tried mindfulness tools that keep you focused on 'now' and not problems of the past or potential problems that lay ahead?