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## **Acceptance**



***“...accepting your pain is a step toward ridding yourself of suffering...”***

Dr. Steven C. Hayes, Acceptance and Commitment Therapy

***“Radical acceptance is the only way out of hell---it means letting go of fighting reality.***

***Acceptance is the way to turn suffering that cannot be tolerated into pain that can be tolerated.”***

Dr. Marsha Linehan, Dialectical Behavior Therapy

**“Accept that I cannot accept?”**

**“Yes, bring acceptance into your non-acceptance. Then, see what happens.”**

Eckhart Tolle, “Stillness Speaks”

***“Acceptance leads to ‘the peace that surpasses understanding’...”***

***Acceptance is both an attitude and a process.***

***The attitude of acceptance flows from Dr. Frankl’s “Say ‘Yes to life, in spite of everything’; it is a perspective that affirms life as it is, not as I always want it to be.***

***The process of acceptance can be brief, like in the amount of time it takes to snap our fingers, or, take quite a long time, like in the amount of time it takes for the sun to rise and set two thousand times.”***

Tom Lavin, “Meaningful Living Series”