

# TIC TALK

Creating a TIC Toolkit consisting of coping skills, psychoeducation and guided exercises for everyone.

The full Toolkit is available on the LVF Intranet under TIC.



## IN THIS ISSUE

### ***Acceptance and Change: A Balance***

**The precursor to change is acceptance**

This issue focuses on using **Radical Acceptance** skills to facilitate the change we want to see in ourselves and our environments.

**Radical Acceptance** is when we stop fighting reality because it is not the way we want it to be, while also letting go of bitterness. It helps us learn how to accept painful events, individuals, and aspects of our lives. It is not approval, compassion, love, passivity or against change. It is the **necessary foundation** for change to occur.

### **How Can We Use Radical Acceptance in our Every Day Lives to Create Change?**

1. We can listen to another person's beliefs, values and morals without judgment or invalidation. We can adopt a curious perspective instead. Radical acceptance is acknowledging that opposite ideas can be true at the same time, and acceptance is not agreement.
2. We can accept the facts of circumstances we want to be different and take action to create the change we'd like to see (join an advocacy group, vote, choose different behaviors, identify a solution to a problem).
3. When we notice our minds straying towards judgment, bitterness or resistance, turn the mind (over and over) towards the openness of acceptance as many times as you need to. Acceptance is an active choice.