

Acceptance: Learning to cope with unwanted circumstances

Acceptance means acknowledging reality exactly as it is—even when it’s painful, unwanted, or not what we hoped for. It doesn’t mean we like it, agree with it, or approve of it. It simply means **we stop fighting against ‘what is’ and let go of what we think it ‘should be’**.

For many caregivers, this can feel uncomfortable. But when we resist reality, we actually add more suffering—to ourselves and to our child. Acceptance is not resignation. It is not giving up. It’s choosing to meet reality with openness, so you can respond in ways that support healing, connection, and growth.

- 1 Notice resistance**
Pay attention when you find yourself resisting or wishing things were different.
- 2 Check in with your body**
Recognize the physical symptoms of your emotions, like tightness or pain.
- 3 Allow what is**
Gently remind yourself that the reality of the moment can’t be changed.
- 4 Let it go**
Acknowledge that the causes of this situation may be outside your control.
- 5 Turn inward**
Engage in relaxation techniques, mindfulness practices, journaling and self-reflection to help you better understand your emotions.
- 6 Be kind to yourself**
Offer yourself the same compassion that you would offer to someone you love going through the same thing.

