



HANDOUT 1: SESSION 05

Cultivating a different relationship to experience through acceptance and clear seeing

Stressful situations can leave us feeling triggered and filled with negative emotions. In these instances, it becomes difficult to accept what is happening in the moment. For example, getting stuck in traffic on route to a very important work meeting after intentionally leaving home early, can leave us feeling frustrated and overwhelmed. These kinds of situations can be triggers for gambling because they leave us feeling defeated. There are many situations that are not in our control and when we learn to accept what is happening in the moment, we are not struggling with or resisting what already is happening. Accepting and allowing “what is” without resistance or judgement is the first step in the change process. When we accept ourselves and the situations around us as they are, we are on the journey for long-term beneficial change. Acceptance does not mean being passive, but is a first step toward action.

→ HOME PRACTICE

- 1 **Practice sitting meditation, body scan or mindful walking** 5–6 days this week.
- 2 **Practice the 3-step breathing space regularly** and notice thoughts and body sensations that arise.