## Acceptance and change

Acceptance and change are key to emotional regulation. They may feel like opposites but they just need to be balanced. This tool can help you find that balance.



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Situation- what happened and how do I feel about it?	
What must be append on som 14 shamme	
What must I accept or can't change	What needs to and can change
Conclusion- what will I do that brings these together?	
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