# Acceptance

## THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

### RECOGNIZE

Meet yourself where you are by recognizing the emotion, feeling, thought, or physical reaction. Do you feel fragmented or out of alignment? Write the unedited story and feeling.

### ALLOW

Allow the experience to be as is. Write with non-judgment and compassion as if writing down a loved ones story of the experience.

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#### INVESTIGATE

Investigate with curiosity. What does the emotion look like (draw it out)? Where do you feel it in the body?

#### NURTURE

What do you need? Kind words, understanding, a different perspective? Write a note to yourself from your higher self, offering nourishment and acceptance.

