

Allowing Everything to Be Exactly as It Is

Exercises for softening resistance and making peace with the present moment

Acceptance doesn't mean approval, and it doesn't mean giving up. It means stopping the fight with reality long enough to see clearly — and to act from a steadier place.

Exercise 1

Still Points for Allowing

Short, intentional pauses to help you soften resistance and make peace with the present moment. See the Still Points Implementation Guide for the full When/Then framework.

Choose a Then from these acceptance practices:

- Take a deep breath and say: "Yes."
- Ask: "What if nothing needs to change in this moment?"
- Soften your body and say gently: "Let it be."
- Place a hand over your heart and affirm: "I can be with this."
- Remind yourself: acceptance isn't giving up — it's the beginning of freedom.

Responsive triggers:

- When I feel frustrated → pause and whisper: "It's okay to feel this."
- When I feel disappointed → take a breath and say: "This belongs too."
- When I feel tense → relax my shoulders and repeat: "Let go, just for now."
- When I feel like controlling everything → ask: "Can I allow this to be imperfect?"

My Proactive Still Point:

When:

Then I will:

My Responsive Still Point:

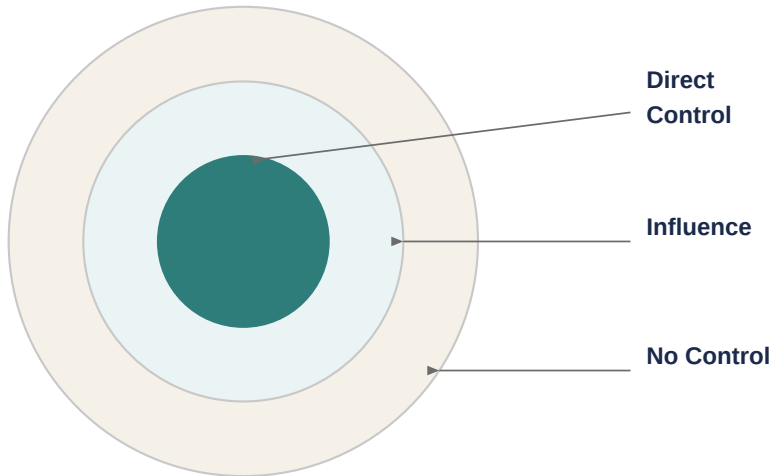
When I feel:

Then I will:

Exercise 2

Mapping Your Circle of Control

Three concentric circles — Direct Control (your thoughts, choices, and actions), Influence (outcomes you can affect but not control), and No Control (weather, others' actions, the past).



Choose a current challenge and place specific elements in each circle:

Direct Control (my thoughts, choices, actions):

Influence (outcomes I can affect but not control):

No Control (weather, others' actions, past events):

Reflection:

- Where am I investing most of my energy right now?

- Are there aspects in my Direct Control circle I've been ignoring?

- How might shifting my focus inward change my experience?

Exercise 3

The Resistance Inventory

Based on the equation from the chapter:

$$\text{Suffering} = \text{Pain} \times \text{Resistance}$$

When we can't reduce the pain itself, we can often reduce our resistance to it — and that alone changes our experience.

1. Identify something causing discomfort in your life right now:

2. Rate on a scale of 1–10:

- The actual pain or discomfort itself: _____ / 10
- Your level of resistance (fighting, denying, ruminating): _____ / 10
- Your suffering score (pain x resistance): _____

3. Now imagine reducing your resistance by just 2 points. What is your new suffering score? _____

4. What specific ways might you lower your resistance — even while the situation itself remains unchanged?

Mental stories I could let go of:

Physical tension I could release:

Expectations I might need to adjust:

Reflection:

What is the difference between accepting this situation and approving of it? How does that distinction change how you hold it?

For worksheets and additional exercises, visit oneyoufeed.net/resources