

ACT: Willingness & Acceptance

Making room for discomfort when the struggle to eliminate it is costing more than the feeling itself.

Willingness is not liking pain

Willingness means choosing to make space for thoughts, feelings, urges, or memories when doing so serves something important. It is not resignation or permission for harm.

The control question

Ask: “What have I done to avoid or control this internal experience, and what has that strategy cost me?” Some control strategies are useful; others shrink life over time.

Practice

- Notice the sensation or emotion with curiosity.
- Soften around it rather than bracing against it.
- Name what matters enough to carry some discomfort for.
- Choose the next value-consistent action.

Try this reflection

What feeling are you working hardest not to feel, and what does that struggle cost you?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.