

Complete Acceptance Reflection Form

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Reactivities to Clear: _____ **Date:** _____

As you are in touch with some of the emotions associated with judgment, it is important not to be overwhelmed by them. You want to visit the emotions not get lost in them. To regulate those emotions, remember to Ground & Breathe, have Compassionate Curiosity, and Complete Acceptance of yourself as you answer the following.

1. Who do you judge? What do you resist? How come?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. What themes or trends emerge from Section 1.

3. What are you learning about yourself? Do your judgments of others reflect something in you that you have difficulty accepting?

4. What limiting beliefs about others would you like to change so you are developing Complete Acceptance?

