

Mindful-Acceptance Record

Day of Week	Rating of Mindful Practice (0 to10)	Rating of Self-Acceptance (0 to 10)
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

After spending a couple of weeks on mindful acceptance, review the records you've completed. How often did you practise mindful acceptance when feeling distressed? With practice, did you notice whether you were more accepting or more tolerant of your unwanted thoughts and feelings?