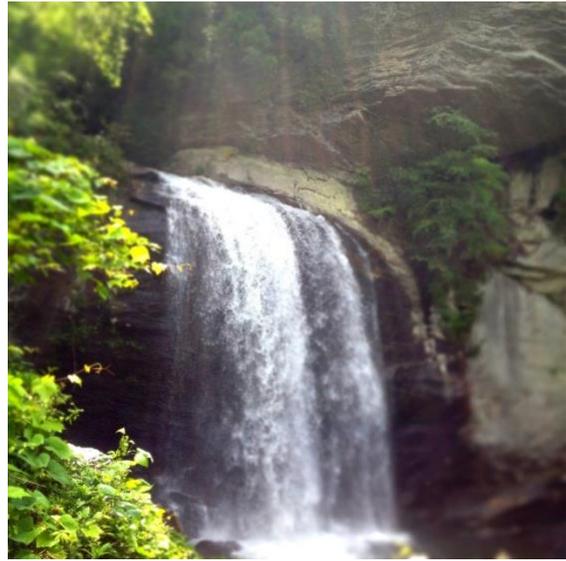


# Acceptance

by Jennifer Young, LMHC, Director of Survivor Services

*"I'm not wise, but the beginning of wisdom is there; it's like relaxing into —and an acceptance of—things." ~Tina Turner*



Think about standing under a waterfall. Feel the power of the water hitting your body. Now picture yourself attempting to hold that water back. Stop the water from flowing over the rocks. You fiercely and intensely use all of your power and strength to prevent the water from touching the rock or yourself. You engage yourself in a task that has no payoff. You work to achieve a goal that is unachievable. In that attempt, you create in yourself physical (pain of the attempt), psychological (belief about the attempt) and emotional (feelings of the attempt) exhaustion.

Now picture yourself standing under the same waterfall and allowing the water to do what it does. There is awareness that you are interrupting the flow of the water but not stopping it. You can sense the water, feel the water and know what the water's intention is. And because you accept it, you do not resist. Ahhh ... relief.

At any given moment you can accept what is. It is a choice. It becomes a choice the minute there is conflict and pain. It is then that you have awareness—your mind, your body and/or your spirit is speaking to you. It's a choice to listen.

So what is it that you need to accept? It could be his pathology, or the pain that it has/is causing. It could be accepting that because he is your child(ren)'s father, the contact will never end (so you'd better learn how to disengage), or accepting that each time you have to see him, or hear about him, it will be a challenge. Maybe you need to accept that you have been negatively impacted by the relationship; that what is happening to you, your changes in behavior, or mood, or thinking, are PTSD and not you being crazy. And it might just be that you accept who he is and accept the consequences of who he is but the gift of acceptance needs to be given to you. Is it in accepting that you are a good, whole person filled with love, compassion and honesty who needs to accept that something bad happened *to* you and not *because* of you?

Whatever IT is or *wherever* the acceptance is needed, I beg you to release yourself from it. In accepting there is freedom. I offer this blessing for acceptance to you:

Turn your face to the sun and accept the warmth.

Release your own resistance to what is.

You are worth the peace that comes.

There is value in you and all that you know.

Blessings to you for freedom through your acceptance.

(\*\*If we can support you in your recovery process, please let us know. **The Institute** is the largest provider of recovery-based services for survivors of pathological love relationships. Information about pathological love relationships is in our award-winning book, *Women Who Love Psychopaths*, and is also available in our retreats, 1:1s, or phone sessions. See the website for more information).

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