

Acceptance Commitment Manual

Your acceptance of a situation, especially an unpleasant or difficult one, is an attitude or feeling that you cannot change it and that you must get used to it. Acceptance in psychology is a person's recognition and assent to the finality of a situation without attempting to change or protest it. This plays out at both the individual and societal level as people ... Acceptance is taking something given to you. You might be relieved by your friend's acceptance of your apology for accidentally riding your bike over his foot. An acceptance of someone or something is ... Acceptance refers to the act of receiving, agreeing with, or approving something or someone. It is the recognition and willingness to respect and acknowledge differences, beliefs, or circumstances. There are 20 meanings listed in OED's entry for the noun acceptance, one of which is labelled obsolete. See 'Meaning & use' for definitions, usage, and quotation evidence. Acceptance of a person is the act of agreeing to that person's becoming a member of an organization or group, or to that person's belonging to your group as an equal. Jun 27, 2015 · Acceptance has been a key to happiness since Buddhism was born. The Second Noble Truth of Buddhism (of The Four Noble Truths) is that "desire (or craving) is the root of all suffering." ... Definition of acceptance noun from the Oxford Advanced Learner's Dictionary. [uncountable, countable] the act of accepting a gift, an invitation, an offer, etc. Please confirm your acceptance of this offer in ... The meaning of ACCEPTANCE is the quality or state of being accepted or acceptable. How to use acceptance in a sentence. Feb 15, 2020 · Practicing acceptance does not necessarily mean you won't be able to make a change. You can accept your body and still change it, accept your emotions and acknowledge their ...

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