

# Balancing Acceptance AND Change

Paul Kawkabany, MA, MSc, BICBT-CC, DipA-CBT  
Licensed Clinical Psychologist and Psychotherapist  
University Instructor

1

---

---

---

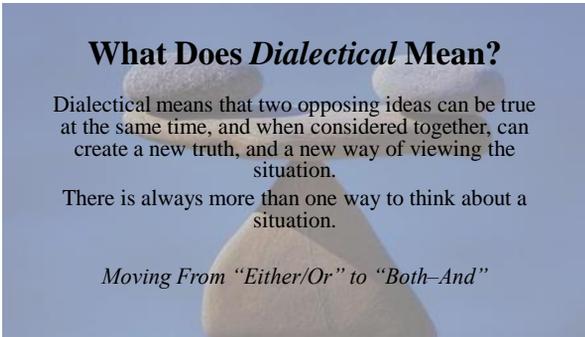
---

---

---

---

---



## What Does *Dialectical* Mean?

Dialectical means that two opposing ideas can be true at the same time, and when considered together, can create a new truth, and a new way of viewing the situation.

There is always more than one way to think about a situation.

*Moving From "Either/Or" to "Both-And"*

2

---

---

---

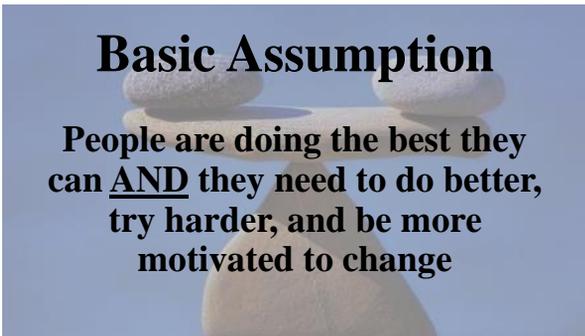
---

---

---

---

---



## Basic Assumption

People are doing the best they can **AND** they need to do better, try harder, and be more motivated to change

3

---

---

---

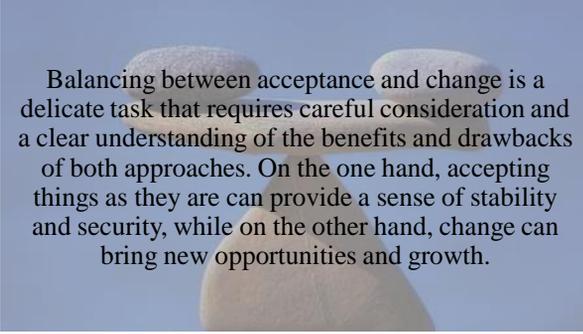
---

---

---

---

---



Balancing between acceptance and change is a delicate task that requires careful consideration and a clear understanding of the benefits and drawbacks of both approaches. On the one hand, accepting things as they are can provide a sense of stability and security, while on the other hand, change can bring new opportunities and growth.

4

---

---

---

---

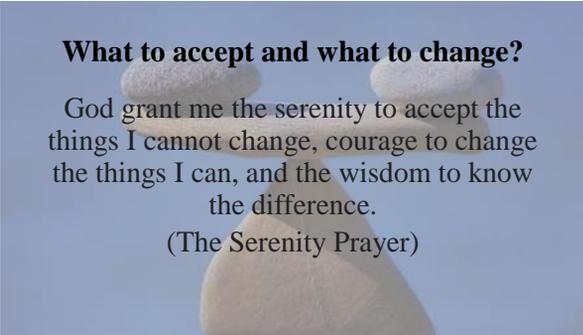
---

---

---

---

**What to accept and what to change?**



God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.  
(The Serenity Prayer)

5

---

---

---

---

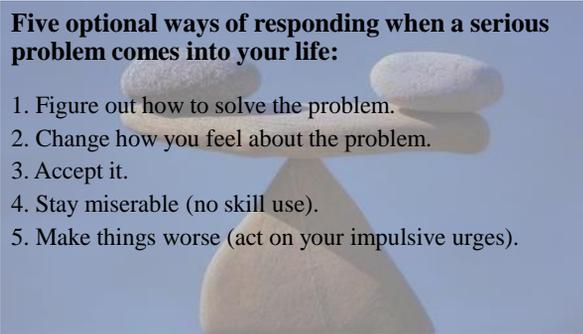
---

---

---

---

**Five optional ways of responding when a serious problem comes into your life:**

- 
1. Figure out how to solve the problem.
  2. Change how you feel about the problem.
  3. Accept it.
  4. Stay miserable (no skill use).
  5. Make things worse (act on your impulsive urges).

6

---

---

---

---

---

---

---

---

### What?

1. Reality is as it is (the facts about the past and the present are the facts, even if you don't like them).
2. There are limitations on the future for everyone (but only realistic limitations need to be accepted).
3. Everything has a cause (including events and situations that cause you pain and suffering).
4. Life can be worth living even with painful events in it.

7

---

---

---

---

---

---

---

---

### Why?

1. Rejecting reality does not change reality.
2. Changing reality requires first accepting reality.
3. Pain can't be avoided; it is nature's way of signaling that something is wrong.
4. Rejecting reality turns pain into suffering.
5. Refusing to accept reality can keep you stuck in unhappiness, bitterness, anger, sadness, shame, or other painful emotions.
6. Acceptance may lead to sadness, but deep calmness usually follows.
7. The path out of hell is through misery. By refusing to accept the misery that is part of climbing out of hell, you fall back into hell.

8

---

---

---

---

---

---

---

---

**Acceptance Is Not :**  
 Approval, passivity, or against  
 change

9

---

---

---

---

---

---

---

---

## Change is essential

Change is an important part of life because it allows us to grow, learn, and adapt to new situations. Without change, we would remain stagnant and unable to progress.

10

---

---

---

---

---

---

---

---

## Why?

1. Personal Growth: Change can help us to grow as individuals. It allows us to step outside of our comfort zones and try new things, which can help us to develop new skills and perspectives.
2. Improved Quality of Life: Change can also lead to improved quality of life. For example, if we are unhappy in our current job, changing to a new job can lead to greater job satisfaction and a better work-life balance.
3. Adaptation: Change is an important part of adapting to new situations. Whether it's a change in our personal lives or in the world around us, being able to adapt to change can help us to cope with uncertainty and uncertainty.
4. Opportunities: Change often brings with it new opportunities. Whether it's a new job, a new relationship, or a new hobby, change can lead to new and exciting experiences.
5. Overcoming Obstacles: Change can also help us to overcome obstacles and challenges. By facing and overcoming change, we can build resilience and become stronger as individuals.

11

---

---

---

---

---

---

---

---

## How to balance between Acceptance and Change?

1. Move to "both-and" thinking and away from "either/or" thinking. Avoid extreme words: always, never, you make me. Be descriptive.
2. Practice looking at all sides of a situation and all points of view. Be generous and dig deep. Find the kernel of truth in every side by asking "What is being left out?"
3. Remember: No one has the absolute truth. Be open to alternatives.
4. Use "I feel . . ." statements, instead of "You are . . .," "You should . . .," or "That's just the way it is" statements.
5. Accept that different opinions can be valid, even if you do not agree with them.
6. Check your assumptions. Do not assume that you know what others are thinking.
7. Do not expect others to know what you are thinking.

12

---

---

---

---

---

---

---

---

## Skills

• Decision Making (Benefit/Cost Analysis)

	Change	Acceptance
Benefit		
Cost		

13

---

---

---

---

---

---

---

---

## Skills

14

---

---

---

---

---

---

---

---

## Skills

How to respond to our thoughts,  
feelings, urges and images  
effectively?

15

---

---

---

---

---

---

---

---



16

---

---

---

---

---

---

---