

Willing Hands & Half Smile Worksheet



What Happened?

Describe the situation in a few sentences. Stick to facts. (e.g., "They said no.")

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What Reality Am I Resisting?

Name the part you're fighting internally. (e.g., "Plans changed.")

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What Can I Change?

List what's in your control. (e.g., My words, next action.)

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What Can't I Change Right Now?

Name the unmovable reality. (This is where acceptance begins.)

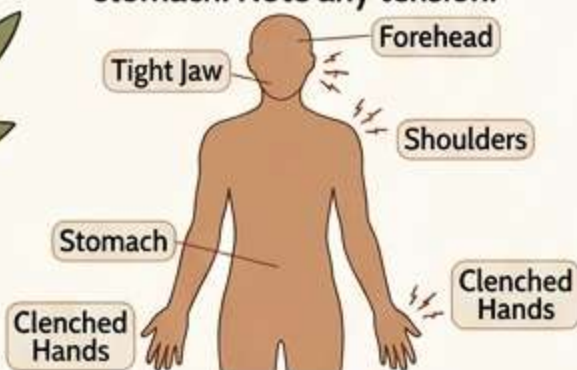
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What Does My Body Feel Like?

Check your jaw, forehead, shoulders, hands, stomach. Note any tension.



Practice the Half Smile

Relax your face. Corner of your mouth lifted, slightly. Not happy, just a signal.



Relax your face. Corner of your mouth lifted, slightly. Not happy, just a signal.

Practice Willing Hands

Unclench fists, open fingers, palms up. Arms and shoulders dropped.



What Did I Notice?

Record any shift in tension, intensity, or thoughts. Small shifts count.

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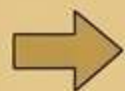
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What Am I Willing to Accept Right Now?

For this moment, I am willing to allow..." Keep it specific, just for right now.

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What Is My Next Effective Action?

A useful action once true reality is acknowledged.

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