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Subject: Feet and jackhammers 🦶
Date: February 6, 2021 at 3:06 AM
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Hey everybody, it's Jill here.

I hope you've gotten some great **insight** into your avoidance behavior and now understand that pain isn't the problem, **avoidance** of pain is (for more on this, see the [last newsletter](#)).

Today I want to talk to you about the alternative to avoidance—**Acceptance**. Acceptance does not mean liking or wanting. It means making space for what is already there.

To build your acceptance muscles, you can practice in these benign ways:

- Listen openly to unpleasant sounds like this jackhammer: [listen here](#).
- Eat something unpleasant like the crazy tasting jellybeans in the game Beanboozled (to watch my kids and I do this [click here](#)).
- Or my LEAST favorite, look curiously at pictures of gross feet: [check it out here](#).

The key is to notice the ways you avoid—scrunching up your face and shoulders,

plugging your ears, closing your eyes—and see if you can take an open stance and allow all the experiences to be as they are instead.

Willingness to feel hard things opens up opportunities for living a fuller-sized life.

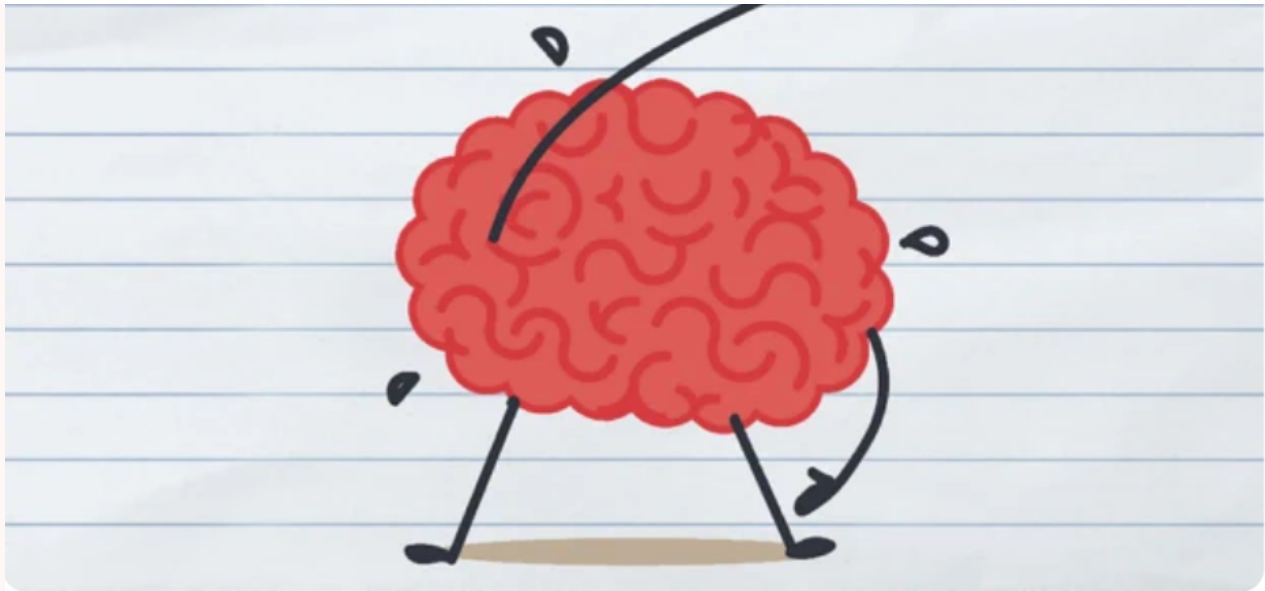
There is no **feel-good recommendation** of the week because I want you to try the opposite! Approach (safe) things that don't feel good, and build those acceptance muscles.

I'd love to hear from you if you want to connect.

Hang tough, peeps, we've got this.

Jill





In this episode of Mentally Flexible with Tom Parkes, Jill shares how she used acceptance to cope with the incarceration of her brother.

[listen to Jill on Mentally Flexible](#)

If you want to connect more regularly, click the buttons below to follow her on social media or head to her website.



[visit Jill's website](#)

The contents of this newsletter are for informational and educational purposes only. The newsletter is not intended to be a substitute for professional psychological advice, diagnosis, or treatment. If you are struggling, seek the services of an appropriate mental health professional.

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