



THRIVERcise: Healing from Toxic / Narcissistic Abuse – Radical Acceptance

Introduction: There are many opinions when it comes to healing from abuse whether it be from toxic, narcissistic, and/or downright controlling people. The video(s) offering this **THRIVERcise series** covers four actions you can take to facilitate healing – This THRIVERcise will be focusing on **Radical Acceptance**.

In a moment, we'll summarize the four techniques or concepts of focus for this series that will accelerate your current healing program and provide a solid basis for those just taking the first steps. In either case, you are **DOING THE WORK** to heal. Congratulations.

At the end of this **THRIVERcise**, we've outlined the steps to schedule your initial **Free Meet the Matrix Virtual 1:1** and/or join **our eThrivers Email List**. You can skip this section by clicking [HERE](#).

- **Get Some Distance**

TtM Best Practice: **THRIVERcise Available at ThrivetheMatrix.com NOW. Before completing, if you haven't done so, view you the YouTube Video by clicking on the tile below:**





- **Validating Your Experience**

TtM Best Practice: THRIVERcise Available at ThrivetheMatrix.com NOW. Before completing, if you haven't done so, view you the YouTube Video by clicking on the tile below:



- **Stop Personalizing**

TtM Best Practice: THRIVERcise Available at ThrivetheMatrix.com NOW. Before completing, if you haven't done so, view you the YouTube Video by clicking on the tile below:





- **Radical Acceptance** – Before completing this THRIVERcise, please take a moment to review the guided video on Radical Acceptance in YouTube by clicking the tile below:



THRIVERcise: Radical Acceptance

In this **THRIVERcise**, you will practice the last of four techniques and work to adopt **Radical Acceptance**.

Overview - Radical Acceptance:

There is a wealth of information available on the topic. **Verywellmind.com** offers this comprehensive definition:

Radical acceptance can be defined as the ability to accept situations that are outside of your control without judging them, which in turn reduces the suffering that is caused by them.

Radical acceptance is based on the notion that suffering comes not directly from pain, but from one's attachment to the pain.

Rather than being attached to a painful past, radical acceptance suggests that non-attachment is the key to overcoming suffering. Non-attachment does not mean to avoid feeling emotions. Rather, it refers to an intention of not allowing pain to turn into suffering. This means watching your thoughts and feelings to identify when you are allowing yourself to feel worse than is necessary.



What Radical Acceptance Isn't:

Some think *radical acceptance* of another's behavior means co-signing or approving of it. This could not be further from the truth. Instead, it involves accepting reality for what it is and not getting caught up in an emotional reaction to that reality.

Key Point:

Radical Acceptance means recognizing that the energy put into trying to change another's behavior, including any toxicity, is better served by looking within to accept what needs changing, including how you will adapt to reality as it is, rather than expecting the opposite.

In this THRIVERcise, you will practice doing just that. TtM's hope is that your journey continues, and this program gives your start or current recovery efforts a turbo boost.

Instructions: *In this THRIVERcise, you will practice the **last of four techniques in the series, Radical Acceptance** including:*

- **Understanding the Role Radical Acceptance Plays** *in letting go and detaching from who or what you'd hoped would change but didn't. Sometimes accepting there are aspects of yourself that make you who you are. In realizing these won't change, it can help accept the same in others.*
- **Refocusing Your Energy** *on what you can control, so you don't continue to expect changes in others that may never come and work on any changes within yourself that will help you meet reality where it is.*
- **Understanding Grief** *as an element of radical acceptance. Grief is a powerful process and includes a complicated set of emotions. Grief is a normal response to loss, and not just of a loved one when passing; we grieve any aspect of reality that may be very different than what had planned for or anticipated.*
- **Considering Forgiveness** *for the toxic person(s) and systems in your life, and for yourself. Especially, if you've done your best and have come up short. Give yourself some grace when you fail – And use the skills you've learned to get back up.*



All that said, we've got a lot to do. Let's dive in.

Part 1 – Accept that People and Things Likely Won't Change

In the guided video accompanying this THRIVERcise, you were asked to acknowledge aspects of yourself that those closest to you would name if asked to list the qualities that they observe that make you, 'YOU.'

TtM Best Practice: *Everyone has qualities or aspects of themselves requiring improvement and Radical Acceptance does not give us a pass to continue our own unhelpful behaviors. Rather, Radical Acceptance can also be used to put us on the road to recognizing where we fall short and what we can do to improve.*

Unfortunately, toxic people are not likely to take the same honest look at themselves, so we must also accept that change is possible for some, but not others.

The following exercise should help you prescribe to Radical Acceptance to start detaching from toxicity and bending to reality rather than hoping it will bend to you.

Part 1: Adopting Radical Acceptance – Exercise

Instructions: *This exercise will put a focus on YOU. You'll be creating an inventory of those qualities that you believe are ingrained in you – feel free to list the positive and negative, although either or will suit this exercise. These qualities may be mentioned by those close to you if they were asked to list the qualities they recognize and are unique to you.*



The first few rows have been completed for you as an example. Don't judge yourself for a lack of interest in changing something about yourself but be as honest as you can about whether you believe you need changing and if anyone's request to do so is inspiring you to work on it.

Erase or copy / paste the examples somewhere else for reference and replace them, brainstorming up to ten things about yourself and if you see the need for change and/or if others have expressed a desire for you to change them.

Quality	Do you Expect to Lose, Change, or Grow Beyond the Quality You listed? If YES, what is motivating you to do so? If NO, list why.	Has Anyone Ever Expressed to You the Need to Change this Aspect of Yourself? If YES, and you've not done so, explain why here.
1. <i>I can interrupt when in conversation with others.</i>	YES - I am working on this, but it's been challenging.	YES – I've been told this by a few people. Others may not think I am working on this in conversations with me, but I am aware this needs to change.
2. <i>I love photography and am always sharing my work with my friends.</i>	NO – Photography and graphic art are important to me; I enjoy this activity in my downtime. It's a hobby I'm super passionate about and can't imagine not enjoying it. <i>I keep sharing my work with people as I'm proud of it and I share different things with different people based on what they are interested in.</i>	YES – While not asked to put my hobby aside, most friends and family resist checking out my work when I share it and sometimes ask what the point is behind what I am sharing.
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Reflection Prompts:

1. Review your list...
 - a. How many qualities did you list that others have asked for change on that you have no intention of changing?
 - b. How many qualities listed were marked YES in column 2, indicating that you see a need to change and in column 3, indicating others agree?
2. Regardless of other's opinions, did you have more NO responses in column 2 than you did a YES response, indicating something about yourself that won't be changing?
3. What advice would you have for anyone asking you to change something that you know is not a focus area for you?
4. What advice would you have for anyone that you agree with who believes you need to change but maybe seeing minimal, if any, progress?

TtM Debrief:

- Is it fair to say that in some areas, people can wait for change all they want, but they may be waiting in vain?
- If you've answered YES to the above, ask yourself: Why do your suggestions for others to change themselves carry any more weight than theirs do with you?
- Would people be better off just accepting that you are who you are and deciding what action to take for themselves based on this?
- **If you've answered YES to the above, it may be time to engage in Radical Acceptance and abandon your expectations that others adapt to you.**
- **PS - If you are...**
 - ...working on qualities that others have suggested need action but may not be seeing measurable change, consider how you can demonstrate this to them and congratulate yourself for acknowledging that some work is required.
 - ...working on positive change that hasn't been requested but you realize is necessary, congratulate yourself for the self-awareness driving the work.



Part 2: Refocusing Your Energy – Exercise

In creating the list of personal qualities in the prior exercise, you may have noticed that there are aspects of yourself that you don't want to change and don't plan to change and came to the assumption that in these cases, people would be better off accepting this. Hopefully, you've identified some things that do require changing. As we all have them, if you listed any, this demonstrates some radical acceptance of those things within you that need to be addressed.

From prior THRIVERcises, you have now gained the ability to get some distance. Do so. Once you have, validate your reality. Decide not to personalize. Now use those skills to reflect: How much does your current scenario depend on someone else changing? In the absence of this, how can you change to meet reality where it is? Remember, you are never required to accept poor behavior that is unwarranted, but you are required to accept it may continue and decide what to do about it.

You'll get a start in doing so here. As you do so, note how it feels to radically accept unpleasant truths. The goal is to prevent any resulting pain from becoming suffering. To accept is to detach from the magical thinking that things will be different and to decide how you'll manage what you can control – Your response or lack of response.

Instructions: *In this exercise, choose the person or persons you'd hoped would change. Adopt Radical Acceptance and assume that they won't. List an aspect of them that you've held out hope could be different. Once you have, shift your focus. In the absence of meaningful change from that person or persons, how can you ensure that you don't let the pain become suffering? In the column to your right, list how you plan to meet this reality with acceptance.*

The first row has been completed for you as an example.



What You Hope Will Change About a Toxic Person of Situation	What You Can Change About YOU to Meet Reality Where It Is?	Add any notes – How Does Refocusing your Energy Feel Like?
<p>1. <i>I wish this person would take the time to get to know me genuinely and I'd like to do the same for them, but no matter what I try, this person just can't engage on this level.</i></p>	<p><i>I can only create safety for this person in being able to share more about themselves with acceptance and without any judgement.</i></p> <p><i>As I've already tried this, I will rely on the actions of this person to define who they are and hold myself to the same.</i></p> <p><i>In the meantime, I will inventory what actions are unacceptable to me and create boundaries around them.</i></p>	<p><i>Relying on this person's actions should eliminate some of the confusion I feel sometimes between what is said and what is done.</i></p> <p><i>I am afraid that over time, I may need to also accept that I am not satisfied in this relationship and take steps to end it. That is scary to me, so for now, I will focus on what I can change and depending on the results, evaluate later.</i></p>
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Reflection Prompts:

1. *After getting honest with yourself on what change others might hope for in you that have little hope of changing, was it easier to detach from the idea that those things listed for the toxic person(s), or systems will ever change?*
2. *For each, you were asked to document how you can change to adapt with the radical acceptance that you can only control yourself. Did you find this refocus on what you can do lessened your attachment to what others cannot?*
3. *Detachment does not mean ignoring or not processing the emotions that come with radical acceptance. It's important to notice how you feel and consider this. In some cases, you might have been required to confront how you might respond if*



focusing on how you will adjust isn't effective. In the example provided, there was fear around the fact that adjusting may not be enough. List the emotions that you listed in the last column here – See if you can accept them, even though you may not have processed them yet.

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Now that you have listed all that you wish would change, accepted they may not by focusing on how you will response, and inventoried the emotions that come with some bitter truths, you are well positioned to accept the person(s) and situation for what they are and continue to focus on the only thing you can control: YOU.

If you continue to ruminate about change that will never come, revisit this THRIVERcise to remind yourself how you refocused your energy to be more productive and some of the feelings that came along with that.

Part 3: Recognize You May Grieve

Wikipedia and their overview of Grief provides a great basis for understanding of how the grief process isn't just limited to physically losing a loved one (death):

Grief is the response to the loss of something deemed important, particularly to the loss of someone or some living thing that has died, to which a bond or affection was formed. Although conventionally focused on the emotional response to loss, grief also has physical, cognitive, behavioral, social, cultural, spiritual and philosophical dimensions. While the terms are often



used interchangeably, bereavement refers to the state of loss, while grief is the reaction to that loss.

The grief associated with death is familiar to most people, but individuals grieve in connection with a variety of losses throughout their lives, such as unemployment, ill health or the end of a relationship.^[2] Loss can be categorized as either physical or abstract;^[3] physical loss is related to something that the individual can touch or measure, such as losing a spouse through death, while other types of loss are more abstract, possibly relating to aspects of a person's social interactions.^[4]

Grief is what makes Radical Acceptance difficult. It's easier to hope for change than confront Reality as it is. Have you ever considered that you are grieving for what could have been? They say time heals all wounds, and recognizing what you've lost is half the battle. Otherwise, you'll need to make peace with the loss, and that takes time.

Part 3: Recognize You May Grieve – Exercise

Instructions: *This simple activity is meant to draw your attention to the fact that you may be grieving losses without even knowing it. In the columns provided, document an aspect of your Reality you thought would be different. In the next, document the Reality that IS. Finally, make note of what you believe you've lost.*

Sometimes, the only way out is through, so keep this list handy. Identify any times that your reality and what could have been are causing distress. Radical Acceptance requires grieving. So, don't translate how you feel into a failure to embrace radical acceptance. You are practicing it by even creating this list.

The first example has been completed for you.



How Reality SHOULD HAVE BEEN.	What the Reality Actually IS.	What Did You Lose?
1. <i>I thought I'd always have the close relationships I treasure and that I worked so hard to build.</i>	<i>In the process of healing, I'm lucky to have a few friends that can help me validate my experience, but there are many close relationships that I've lost and while I miss them very much, they're likely not coming back.</i>	<ul style="list-style-type: none"> - Connection - Belonging - Support - Laughter - Companionship
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Reflection Prompts:

1. *After creating the list of Reality as you'd hoped it would be and how it is, were you surprised to realize you were grieving losses and what you feel was lost?*
2. *Do you think that acknowledging these losses makes radical acceptance easier or more difficult?*
3. *These losses were no doubt painful, but how can you process the feelings, let time run its course, or recover what was lost, even if that requires rebuilding in a different way?*
4. *How can you use radical acceptance to recognize that pain without adding to unnecessary suffering? In the absence of suffering, you have an opportunity to rebuild the life you thought you'd have, although it may look a lot different and what has been lost may not be recovered.*
5. *As you process each loss, what are some practical ways that you can start to rebuild the life you deserve without using that as a distraction from fully processing what has been lost?*



Part 4: Considering Forgiveness

As discussed in the associated video, forgiving those who have wronged you (including yourself) can go a long way toward adopting radical acceptance to recognize pain and avoid undue suffering.

Forgiveness for others does not mean absolution and the person(s) involved don't need a verbal or written notification that while what happened was unacceptable, you can grant a level of forgiveness. This is something that can happen in your heart. When we try to understand others, despite their unwillingness to return the favor, we can begin to forgive and heal.

Imagine how adopting radical acceptance could be easier if you could try to forgive, even though that forgiveness may be revoked or reissued many times over as you process and heal.

Forgiveness of self requires that you give yourself grace. In the guided video, your TtM life coach shared losing out on a job opportunity because it was a time of huge change that was hard to adjust to and/or distracted your Coach from being successful. Keep in mind, your 'best' changes. In this case, while this was a loss, and there was grief, it no longer serves to dwell on what happened, as it did happen. The same energy that is usually put into 'what could have been' may be better served in focusing on what could be, even if the universe takes its time in delivering.

In the case of a toxic relationship, you may be ruminating and blaming yourself for not identifying the situation sooner. Consider that your intentions were good and that you believed the best. Forgive yourself. You were acting in good faith and few people are prepared for such a reality check. How can focusing on the knowledge you gained be more productive than blaming yourself in a situation like this?

Part 4: Considering Forgiveness – Exercise

Instructions: *For this activity, we're asking for another list, although we'll leave it to you on how you'd like to document your responses.*



Take a moment to consider anything you haven't forgiven in others that is holding you back from acceptance and anything you haven't forgiven yourself for that could be creating negative self-talk and sabotaging behaviors.

What will it take to give yourself grace, accept, and move forward?

What are you willing to forgive and what may take a bit more time before you are prepared to entertain forgiveness?

Refer to this list anytime you can't accept the actions or yourself or others. Give forgiveness another shot. It's a list that is completed over time.

When you do grant forgiveness, consider how it moves you closer to acknowledging pain, the reality it has caused, and the suffering you were enduring that may being to run its course.

Only you can decide when to forgive someone, but remember: It's for you, not them. And, in the least, work through forgiving yourself first. It's hard to pursue the reality you deserve when you are dwelling on the one you no longer have.

If you've completed this THRIVERcise, congratulate yourself. It was no easy task. You've been asked to adopt radical acceptance by recognizing and accepting reality as it is, including what may never change in the toxic person(s), which includes refocusing your energy on what YOU can control, identifying and processing grief you didn't know you had, and working to forgive as a means to accept and move forward.

If you're not there yet, then FORGIVE YOURSELF. You've confronted and acknowledged a lot – Time is a vital component. Keep at it. And, if needed, follow the steps below to discuss your work with your TtM Life Coach!

GREAT WORK



Let's Talk About It

Schedule your FREE Meet the Matrix Virtual 1:1 today. There will be grief, and there are ways to HEAL from that, too.

Get an early start on that process with supportive sessions full of sound strategy and THRIVERcises to help you DO THE WORK.

How to Schedule Your FREE Virtual 1:1 with your TtM Coach, Andy Lynch.

1. Click [HERE](#) to bypass the TtM website and Scheduler to the Meet the Matrix scheduling option (powered by Calendly).

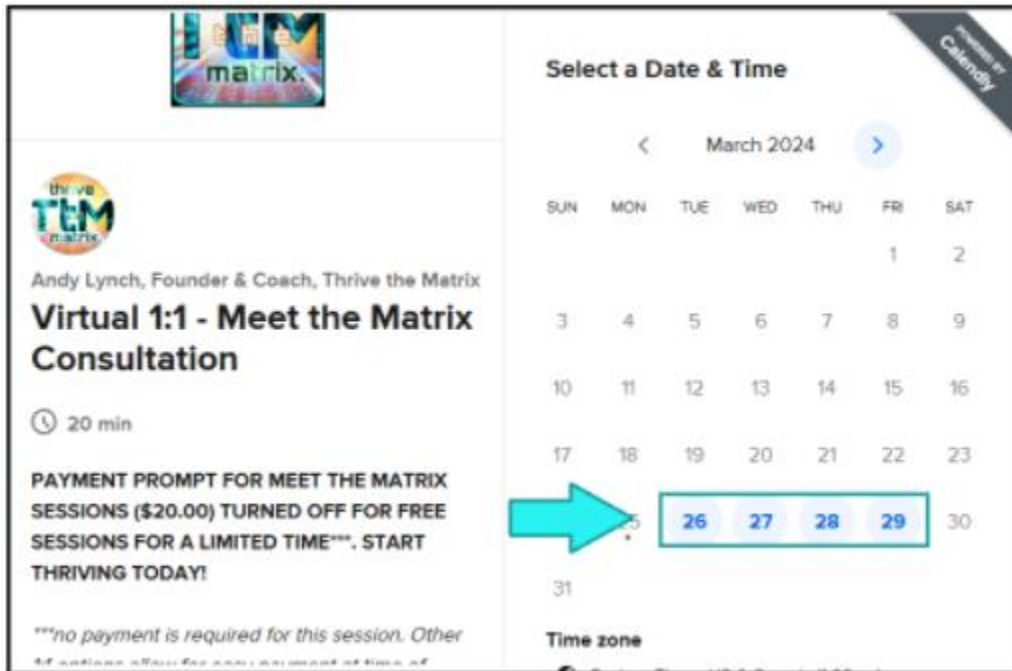
Or...

2. Visit [Thrive the Matrix -Coaching: TtM Scheduler](#) and select the [Meet the Matrix Consult](#) option on the website. You can also click the [Promotional Banner](#) at the top of the web page as shown below:



A screenshot of the 'Thrive the Matrix Scheduler' website. The page has a dark background with a light blue header. The main heading is 'Thrive the Matrix Scheduler' in a light blue, monospace font. Below it, a subtitle reads 'Schedule & Pay in a Few Clicks. See FEE Details Below.' A list of seven service options is displayed as rounded rectangular buttons. The first button, 'FREE VIRTUAL 1:1 - MEET THE MATRIX', is highlighted with a red border. The other buttons are: 'VIRTUAL 1:1 - INITIAL (60MIN)', 'VIRTUAL 1:1 - WEEKLY (60MIN)', 'VIRTUAL 1:1 - THRIVERCISE DEBRIEF (30 MIN)', 'VIRTUAL 1:1 - THRIVE & SAVE: YOUTUBE SUBSCRIBER APPRECIATION', 'VIRTUAL 1:1 - THRIVE & SAVE (30MIN)', and 'VIRTUAL 1:1 - 'SAY YES TO YOU' FOR AGENCIES'. A navigation menu icon is visible in the top right corner.

3. When prompted with the calendar, select a Date to view available times.



4. Select your preferred time. If a time is not available, it will not appear for selection.

The screenshot shows a 'Select a Date & Time' interface. On the left is a calendar for March 2024, with the date '26' highlighted in a blue circle. On the right is a list of time slots: 9:00am, 9:20am, 9:40am, 10:00am, and 10:20am. The 9:20am slot is highlighted with a red rectangle. A 'powered by Calendly' logo is visible in the top right corner.

5. You'll be asked to enter your **Name**, **Email Address**, and select either the **Zoom** or **Phone option**. There is a field for entering anything specific you'd like to focus on.

The screenshot shows a Calendly booking page for a 'Virtual 1:1 - Meet the Matrix Consultation'. The page is divided into two main sections. On the left, there is a header with the 'thrive TtM matrix' logo, a profile picture of Andy Lynch, and the event title. Below the title, it shows the duration (20 min), the date and time (9:20am - 9:40am, Tuesday, March 26, 2024), and the time zone (Eastern Time - US & Canada). A payment prompt is displayed, stating that payment for the session is turned off for free sessions for a limited time. On the right, there is a 'Enter Details' form with fields for 'First Name', 'Last Name', and 'Email'. Below these fields, there are radio buttons for 'Zoom' and 'Phone call'. A text area asks for specific focus areas, and another text area asks if the user is interested in targeted programs. At the bottom of the form, there is a 'Schedule Event' button and a note that the user will be redirected to an external site.

6. That's it! After clicking **Schedule Event**, you'll be redirected to the website with a **QR code** to join the **Community of Thrivers** that I'd like to build with your help on Instagram. Scanning is optional.



Please Note: You will receive a Calendar Invite at the email address entered and a reminder for the session before our designated meeting time.

Scan the QR Code on the *Build of Community of Thrivers* landing page to follow up on Instagram:

A graphic for Instagram. At the top, it says 'Help Build a Community of THRIVERS!' in a green, monospace font. Below that is a QR code with the Instagram logo in the center. To the left of the QR code, it says 'We call our Followers THRIVERS.' and 'Come along for in app Exclusives on... Instagram'. To the right of the QR code, it says 'Thank You. And...You're Invited!' followed by two paragraphs of text. At the bottom right, there is a button that says 'TTM FOCUS AREAS'.

Best Practice: If you found the THRIVERcise(s) and/or our session insightful, then be sure to join the eTHRIVER Email List.

Please Note: Your Email Address will only be used for the purpose of scheduling and doing so **will not automatically add you to the eTHRIVER email list**. Consider using the **Promotional Banner on our Contact PAGE** to join - follow the instructions below for joining via the banner or the Contact the Matrix form radio button.

Joining the Thrive Email List:

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Clicking the Website Banner – Contact the Matrix: Once clicked, an automated email will populate, only requiring you to hit send. Please review the email for more on how we use your information (we do not share your email address with third parties) and more on our Privacy Policy. Simply click Send. In two clicks, you'll have access to **additional FREE CONTENT** and **THRIVE & SAVE OFFERS** as they become available.

A screenshot of a website's contact form. At the top, there is a blue arrow pointing down to a red banner that says "Click HERE to Join the eThrive Email List for EXCLUSIVE FREE Content". Below this is a black section with the title "Contact Us" in white. Underneath the title is a subtitle: "Contact Form: Your Resource for Timely Responses for... Inquiries, Ideas, Orders, Requests, Upcoming 1:1 Preparation, & More!". The form contains four input fields: "Name*", "Email*", "Phone Number (Optional)", and "Organization (Individuals please enter N/A)". At the bottom of the form is a text area labeled "Request Summary: Add your inquiry, suggestion, or Request here.*".



Send  rst.last@gmail.com

To Contact@thrivethematrix.com <Contact@thrivethematrix.com> x Cc Bcc

I'd Like to Join the TtM eThriver Email List!

Hello TtM - Please add me to your eThrive Email List using my Sender email address.

I would like to enjoy EXCLUSIVE FREE Content and Thrive & Save Offers. I am aware that I can reply or submit via the website Contact Form for removal at any time.

I understand that my email will be used only for this purpose and not shared with 3rd parties without notification per the Privacy Policy located on the website.

Any change to the policy will require notification from TtM including but not limited to an Email Notification and Notice displayed prominently on the TtM website Home Page.

If you would like to join as an **eTHRIVER** using the **Contact the Matrix Form** for your Intended purpose, simply click the radio button before submission.

TtM Best Practice: Did you the **TtM Contact the Matrix Form** allows you to upload attachments? Before using the **TtM Scheduler** to secure an appointment submit your work for this or **THRIVERcises** using the form and TtM will review it prior to your session.

Please note: Each **THRIVERcise** is posted in **PDF format***** (see footer for more information), however you collated your answers in a document is acceptable. However, the easier it is to correspond your answers to the action prompts in the activities, the easier it will be to review and be prepared to discuss.

Both the radio button for the **eThriver List** and **'add attachment' feature** are shown in in the **Contact the Matrix form** shown below. In the Example, the form is filled out as you would if submitting your work on a **THRIVERcise** for review prior to the session.



Contact Form: Your Resource for Timely Responses for... Inquiries, Ideas, Orders, Requests, Upcoming 1:1 Preparation, & More!

Name*
Anna Molyneux

Email*

Phone Number (Optional)

Organization (Indicates please email TtM)
N/A

I am submitting my THRIVERcise for Validating Your Experience for review and feedback and am scheduling a Virtual 1:1 in the TtM Scheduler to discuss it.

Attach File Attachments (0)

Join our eTHRIVE List for Program Previews, Free THRIVERcises, and Thrive & Save Offers

SEND

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