Radical Acceptance

Of Facts Only

Radically Accepting the facts only is key to moving through the real trouble this world brings. There are only 4 steps to this skill. ACCEPTING & LIKING ARE NOT SYNONYMOUS.

~M.R. KUHN

Be ready to give up Irrational Thoughts & replace them with facts. ~M.R. Kuhn

Process



Office

66 Wornick Road, Glenwood, AR 71943

Rules

Counseling, LL

Accept Facts Only • Accept the facts only • No Irrational Thoughts

Not Like It

• Like is an emotion

You may or may not like the facts

Process It

Use Resources to
Process it

• Time will vary

Use

Resources

- Time
- Peopl
- Places
- Things

Contact

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Steps

1) The source of your

STEPS:

fundamental belief system is key to helping you in this process. Meaning, if your source of truth is faulty, then everything else will be faulty too, eventually. 2) Funnel the information received through your fundamental belief system to see if the matter is true or not.

3) After you have your belief about something in order, then you can determine how valuable is this belief/person/situation at this time.

4) This process will develop new facts and/or reinforce and build onto facts you already have.

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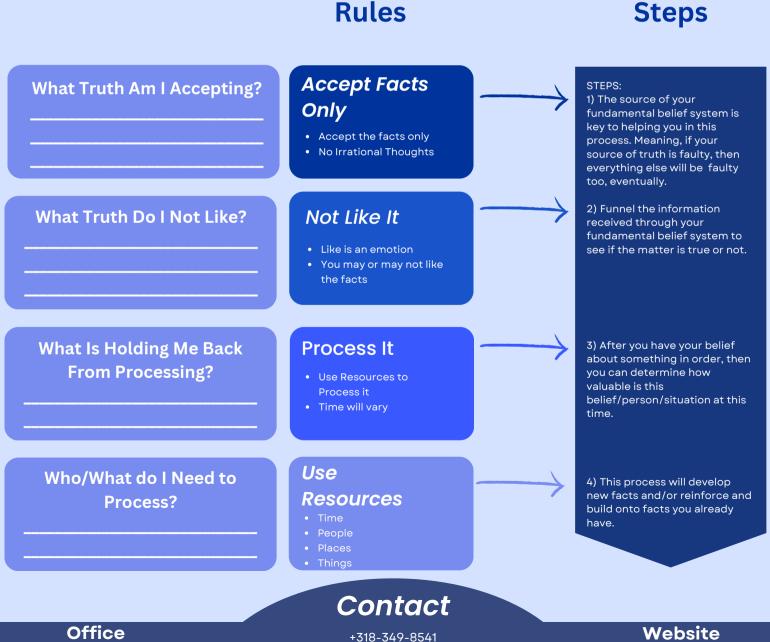
THERE IS A VAST DIFFERENCE BETWEEN TRUTH AND ERROR...

~ELLEN WHITE

Counselino

Truth will always have an opponent.

~M.R. Kuhn



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Radical Acceptance

Of Facts Only

Radically Accepting the facts only is key to moving through the real trouble this world brings. There are only 4 steps to this skill. Not accepting Truth leads to the death of the Mind, Character, & Personality. ~M.R. Kuhn

Kome Counseling Don't let a gulf stand between you and Truth.

~M.R. Kuhn

Process

What Are Your Experiences?

What is your Good?



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What is your Bad?

What is your Ugly?

What is the Truth?

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