

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

Rules

Steps



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
- People
- Places
- Things

STEPS:

- 1) The source of your 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.

Contact

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

~ELLEN WHITE

Truth will always have an opponent.

~M.R. Kuhn



Rules

Steps

What Truth Am I Accepting?

Accept Facts Only

- Accept the facts only
- No Irrational Thoughts



What Truth Do I Not Like?

Not Like It

- Like is an emotion
- You may or may not like the facts



What Is Holding Me Back From Processing?

Process It

- Use Resources to Process it
- Time will vary



Who/What do I Need to Process?

Use Resources

- Time
- People
- Places
- Things



STEPS:

1) The source of your 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.

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Not accepting Truth leads to the death of the Mind, Character, & Personality.
~M.R. Kuhn

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

~M.R. Kuhn



Process

What Are Your Experiences?



What is your Good?

What is your Bad?

What is your Ugly?

What is the Truth?

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