

Resistance-Change-Tolerance-Acceptance Continuum

We can alter our relationship with distressing or unwanted thoughts and feelings by moving along the continuum from resistance / avoidance, through change, tolerance and acceptance. Our emotions can be altered by changing our thoughts, by learning to tolerate the discomfort and finally by making enough space to normalise whatever comes up.

Resistance

Getting caught up in and attempting to resist or avoid unwanted thoughts and feelings

Change

Catching, challenging and changing unwanted thoughts and feelings

Tolerance

Permitting, allowing, habituating and tolerating unwanted thoughts and feelings

Acceptance

Opening up to, making space for and normalising unwanted thoughts and feelings