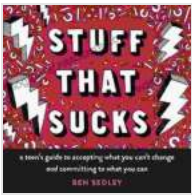


# A Teen's Guide to Accepting What You Can Change and Committing to What You Can't

As a teenager, it can be tough to accept the things you can't change and commit to the things you can. But it's an important skill to learn, and it can make a big difference in your life.



## Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can (The Instant Help Solutions Series) by Ben Sedley

★★★★☆ 4.5 out of 5

Language : English  
File size : 8880 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 91 pages



Here are some tips for accepting what you can't change and committing to what you can:

### Accepting What You Can't Change

The first step to accepting what you can't change is to identify what those things are. Once you know what you're dealing with, you can start to work on accepting them.

Here are some things that you may not be able to change:

- Your past
- Your family
- Your physical appearance
- Your intelligence
- Your personality

It's important to remember that you can't change these things, but you can change how you react to them. You can choose to let them define you, or you can choose to rise above them and create a life that you're proud of.

### **Committing to What You Can Change**

Once you've accepted the things you can't change, you can start to focus on the things you can. These are the things that you have control over, and they're the things that you can change if you're willing to put in the effort.

Here are some things that you can change:

- Your attitude
- Your habits
- Your goals
- Your relationships
- Your future

It's important to remember that change takes time and effort. Don't get discouraged if you don't see results right away. Just keep at it, and eventually you'll reach your goals.

## The Benefits of Acceptance and Commitment

Accepting what you can't change and committing to what you can has a number of benefits, including:

- Reduced stress and anxiety
- Increased happiness and well-being
- Improved relationships
- Greater success in school and work
- A more fulfilling and meaningful life

If you're struggling to accept what you can't change and commit to what you can, don't give up. It's a skill that takes time and practice, but it's one of the most important skills you can learn in life.

With acceptance and commitment, you can create a life that you're proud of, no matter what your circumstances may be.

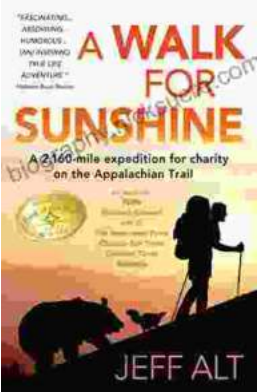


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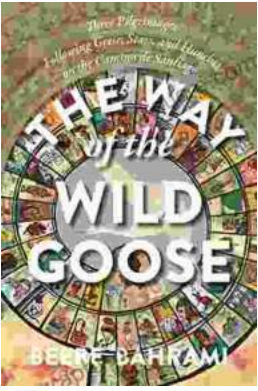
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