

Quiz: *How Accepting Are You?*

One of the first steps in cultivating more compassion for yourself is to accept what is—both within yourself and in the outer world.

To get a sense for how accepting you are, take this short quiz:

I am open to new information and experiences; I'm curious about both the world and myself.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

I am aware of and realistic about my health, finances, and relationships with others.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

If I don't like something out there in the world, I still accept that it is true – that it is the way it is.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

I am aware of my thoughts, feelings, desires, and parts of myself – including the ones I don't like.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

I am in touch with the softer, more vulnerable parts of myself.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

If I don't like something about myself, I still accept that it is true.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

I have a clear sense of what it is like both to accept something and to do what I can to make it better.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

When I am in physical or emotional pain, I open to it instead of pushing it away.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

Even if it hurts, I can accept that certain things are true – including about myself and others.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

I can feel my feelings without trying to fix or change them.

1 *strongly disagree* **2** *disagree* **3** *neither agree nor disagree* **4** *agree* **5** *strongly agree*

Your Total Score: _____

If your total score was 40-50:

You have a generally accurate and clear sense of what is true about the world and yourself. You're not in denial about your health, finances, or relationships with others. You are internally open, aware of the many parts of yourself. You are in touch with your deep needs and longings, and not embarrassed about or ashamed of them. You see the ways in which your thoughts, feelings, and desires are normal (like those of other people), even if you wish they were different.

If your total score was 21-39:

You have a pretty clear understanding of the major external factors in your life (e.g., health, finances, relationships), though there could be some opportunities for even more realism and clarity. The same goes with awareness of your internal world: you may not be actively suppressing aspects of your experience, but you could probably be more active in exploring your thoughts, feelings, and desires, and the deeper workings of your psyche. In terms of acceptance, see if you are pushing away or fighting the way it is in your outer or inner worlds (knowing that you can accept what is while at the same time doing what you can to change it for the better).

If your total score was 10-20:

You are not currently very realistic about your inner and outer worlds, or not very accepting of these, or both. Perhaps you are afraid of what you will find if you see the world and yourself clearly, or perhaps afraid of what would happen if you accepted the facts of the ways things are; there may have been a time in your life when these fears were very understandable . . . but these days, such fears may not have much if any real basis, and in any case, you could develop more resources inside yourself that would help you be more able to tolerate and cope with what you find in the world and in yourself.