

## **MODEL DIALOGUE TO DEVELOP ACCOMMODATION ABILITY**

Medical patients have to contend with many on-going difficulties in their life, such as recurring disappointment, on-going frustration, repeated rejections, or re-appearing uncertainty or anxiety. An ability is needed to accommodate to an unwanted circumstance that cannot be avoided. Below is a boilerplate dialogue to facilitate accommodation. Substitute the actual problem for the letter X.

### **PREPARING FOR X**

X may occur in this situation. It has happened to me before in this situation. I may not be able to avoid X happening to me.

If it should occur it is not unexpected.

Do not be upset if it should occur. I need to accommodate to X happening because it is now an aspect of my existence as a medical patient.

X happening is unfortunate and unwanted but it is not awful. Do not think of it as awful or I will end-up feeling worse. There are worse things that could befall me.

### **DEALING WITH X**

X is happening to me now. It is something that I need to accept.

I need to be able to contain my displeasure that X is occurring, because it will occur repeatedly or frequently.

Make living with X a part of my life.

X happening does not have to ruin my existence. Resentment about X occurring will ruin my existence.

Allow X into my life because it cannot be avoided. Do not reject what cannot be avoided. Do not fight against reality.

Just like I can accommodate to the weather not being how I want, I can accommodate to this as well.

I have accommodated to other things that I have not wanted in my life and I can do that again in regard to X.