PEPPER TIME 18: UPSET & ACCEPT

T**iming:** 1–3 minutes, anytime you feel upset, tense, or stuck in negative emotions.

What you'll need: Just yourself (optional: private space for full-body release)

What it's about: Pairing a clear mental choice—I choose to accept—with a physical release so your nervous system feels the shift.

How to do it:

- Bring up the trigger. Call to mind something that genuinely upsets you or stirs tension.
- Tense your body. Tighten everything—jaw, fists, shoulders, toes—for 10 seconds. Really feel the strain.
- Release and accept. Exhale fully, let tension melt away, whisper, "I choose to accept"—add a small, gentle smile.
- Use discreet versions when needed:
  - Jaw reset: Clench your jaw for 10 seconds, relax, think, I choose to accept, and smile.
  - Hidden hand version: Squeeze fists under the table for 10 seconds, open your hands, think, I choose to accept, and smile.
  - Toe press: Press your toes into the floor for 10 seconds, release, think, I choose to accept, and smile.

What to expect: The bigger the contrast between tension and release, the deeper the relief. With practice, stress shifts into calm faster, and the Judge's grip loosens. Acceptance becomes a real, felt choice.