



Radical acceptance is the complete and total acceptance of reality. This means that you accept the reality in your mind, heart, and body. You stop fighting against the reality and accept it.

- › Radical means all the way – completely
- › You let go of the bitterness
- › Reality is as it is – rejecting it does not change it
- › There are limitations about the future
- › Everything has a cause
- › Life is worth living – pain cannot be avoided

Practice

Make a list of situations in your life in which it might benefit you to use the Radical Acceptance skill:

1: _____

2: _____

3: _____

4: _____

5: _____

Situation # ____:

Instructions: Choose one of the situations you listed, define it in the section title (above), and answer the following questions.

What emotions are you feeling as you think about this situation, and where do you feel them in your body?

What do you tell yourself about this that keeps you “willful” against Radical Acceptance?

What can you tell yourself to promote Radical Acceptance instead?

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“Radical Acceptance” Skill

Practice the helpful thoughts over and over. As you practice these helpful thoughts, let go of the painful emotions you were feeling. Practice deep breathing as a way to regulate and let go of all the emotions that were uncomfortable. Let go all the way.

Describe what happened:

Situation #___:

Instructions: Choose a different one of the situations you listed, define it in the section title (above), and answer the following questions.

What emotions are you feeling as you think about this situation? Where do you feel them in your body?

What do you tell yourself about this that keeps you “willful” against Radical Acceptance?

What can you tell yourself instead to promote Radical Acceptance in this context?

Practice the helpful thoughts over and over. As you practice these helpful thoughts, let go of the painful emotions you were feeling. Practice deep breathing as a way to regulate and let go of all the emotions that were uncomfortable. Let go all the way.

Describe what happened:
