

Radical Acceptance of a Distressing Situation

You can use this worksheet to reflect on a past distressing situation or to help you radically accept the reality of a current distressing event. Answer the following questions to help you view the distressing situation in a different way.

1. What happened in the upsetting situation/event?
2. What past events led up to this?
3. How were you involved in the development of this situation?
4. How were others involved in the development of this situation?
5. What part of this situation do you have control over?
6. What part of this situation do you NOT have control over?
7. How did you respond/react to this situation?
8. How did your own response make you feel?
9. How did your own response make others feel?
10. How could you have responded differently to this situation?
11. If you had radically accepted this situation instead of reacting, how would the outcome be different?