

Setting Radical Acceptance Goals

Just like any other skill, it is easier to use radical acceptance when we practice it often. List some goals that would like to practice radically accepting.

List three small things that you can radically accept:

Ex. someone cut in front of me in line for the bus

1.

2.

3.

List three medium things that you can radically accept:

Ex. I burned the food that I was cooking

1.

2.

3.

List three big things (stressful situations) that you can radically accept:

Ex. I didn't get the job that I applied for

1.

2.

3.