

Practicing Radical Acceptance

Worksheet

Some situations and challenges in life are unavoidable.

When events or circumstances lie outside our sphere of control, Radical Acceptance is a way to practice tolerating the distress associated with it.

The goal of Radical Acceptance is to help you cope better, by preventing a struggle from escalating into suffering.

Accepting reality without attempting to control, deny, or responding poorly to it, is a powerful distress management technique.

Instructions

Use this worksheet helps you to identify and understand a situation or emotion you are struggling to accept.

Begin by understanding your context; the situation or challenge that is causing you distress.

Working through the sheet, you'll then confront the reality of that situation, as well as the events and triggers that led up to it. Often, many of these will lie outside your locus of personal control.

Next, read through the script to understand and practice Radical Acceptance, using an "Acceptance Mantra" that works for you.

At the end of the exercise, rate your distress tolerance on a scale of 1-10, both prior to and after carrying out the Radical Acceptance practice.

Step 1: Identify the situation causing you distress.

What are you struggling to accept?

Step 2: Understand the key challenge.

What aspect of this situation is toughest for you to deal with?

Step 3: Recognize the reality.

Write down the facts of the situation.

Step 4: Practice Radical Acceptance.

1. Inhale deeply, settle into an accepting, open position.
2. Become aware of your thoughts and emotions that struggle with your reality - then release them.
3. Use acceptance techniques such as visualization, awareness exercises, or affirmations.
4. Concentrate on a mantra of acceptance, such as “That’s just how it is,” or “All is the way it should be.”

Step 5: Rate your Distress Tolerance.

On a scale of 1-10, where 1 is lowest and 10 is highest, rate your distress tolerance before and after practicing Radical Acceptance. E.g.: 1 = “I can’t handle anything about this.”; 10 = “I am completely at peace with everything about this situation.”

Before

After