

## Toolbox Handout 8: Radical Acceptance



Reality Acceptance Skills should be used:

- 1.
- 2.
- 3.

Suffering = \_\_\_\_\_ + \_\_\_\_\_

What is one example of something that you might need to radically accept?

There are FOUR choices we can make in any situation:

- 1.
- 2.
- 3.
- 4.

The definition of RADICAL ACCEPTANCE:

RADICAL =

ACCEPTANCE =

The STEPS of Radical Acceptance

1. Observe: Are you questioning or fighting reality? YES | NO
2. Remind: (What could you say to yourself?)
3. The History or Causes Are: (List them out)
4. Skills I could use: (ex. Relaxation, Mindfulness, etc)
5. Practice Opposite Action: (What would that look like?)
6. Cope Ahead: (What can you imagine needing to accept? How can you rehearse or plan?)
7. What is happening in your body right now? (Do a body scan for sensations)
8. Are you sad? Disappointed? Is there grief? (Acknowledge that here! It's valid!)
9. Reminder yourself that life is worth living, even with pain. (What does that mean to you?)
10. Still find yourself resisting? YES | NO (Do a pros and cons chart!)

----- At Home Practice: -----

Identify two *very important* things in your life right now that you need to radically accept. Then rate how much you accept this part of yourself or your life.

0 = No acceptance (I am in complete denial)

5 = Complete acceptance (I am at peace with this; it doesn't bother me anymore)

1: \_\_\_\_\_ RATING: \_\_\_\_\_

2: \_\_\_\_\_ RATING: \_\_\_\_\_

Identify two less important things in your life you are having trouble accepting this week. Rate those.

1: \_\_\_\_\_ RATING: \_\_\_\_\_

2: \_\_\_\_\_ RATING: \_\_\_\_\_

- Look at the items you wrote out above and follow these steps for each item:
  - CHECK THE FACTS: is what you wrote your interpretation and/or opinions?
  - CHECK FOR JUDGEMENTS: did you use any language that was "good" or "bad" or judgmental?
  - REWRITE (if necessary): remember, you want things to be factious and non-judgmental.

**PRACTICE!** Choose one item from the very important and less important list to practice on. Use the space below to rewrite them if you need to:

1: \_\_\_\_\_ RATING: \_\_\_\_\_

2: \_\_\_\_\_ RATING: \_\_\_\_\_

**REMEMBER YOUR SKILLS:** Did you do any of these things? If not, try it!

- Observed that I was questioning/fighting reality.
- Considered the causes of the reality, and non-judgmentally accepted that causes exist.
- Reminded myself that reality is what it is
- Practiced accepting all the way with my whole spirit (mind, body, spirit).
- Practiced "Opposite Action"
- Did "Pros and Cons" of acceptance versus denial and rejection.
- Imagined coping with problems that could arise if I accepted. "Coping Ahead"
- Attended to my body sensations as I thought about what I need to accept.
- Noticed that life can be worth living even with pain in my life.
- Allowed myself to experience disappointment, sadness, or grief.