



# **RADICAL** *Acceptance*

**WORKBOOK**



**Radical acceptance** is a dialectical behavioral therapy (DBT) exercise that can help you deal with and accept intense negative emotions and experiences.

With this worksheet, you can learn to acknowledge that you cannot control every aspect of your experience. Rather, you can accept this lack of control and choose to respond mindfully instead of reacting emotionally.

This acceptance can help you move beyond the distress you experience without changing or controlling the situation. Acceptance is about appreciating things in our lives we cannot control, such as other people's behavior.

We can, however, control our actions in a way that minimizes our distress when we encounter difficult situations.

With more and more practice, you can become a master at reacting to unfavorable circumstances and accepting things you cannot control.

Answer the following questions, keeping in mind the reality of uncontrollable circumstances.

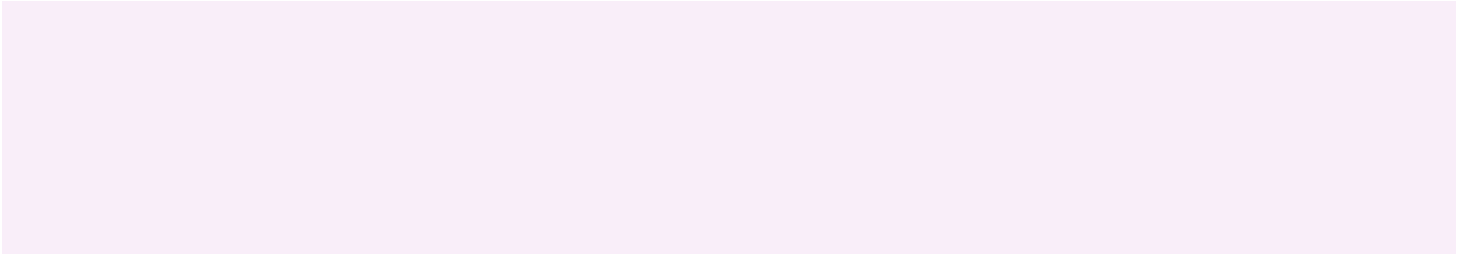
Fill out on your computer or print out if you prefer. Reuse whenever you need clarity on how to accept something that is challenging in your life.

# Radical Acceptance

What is the **problem or situation** that you find harmful or painful?



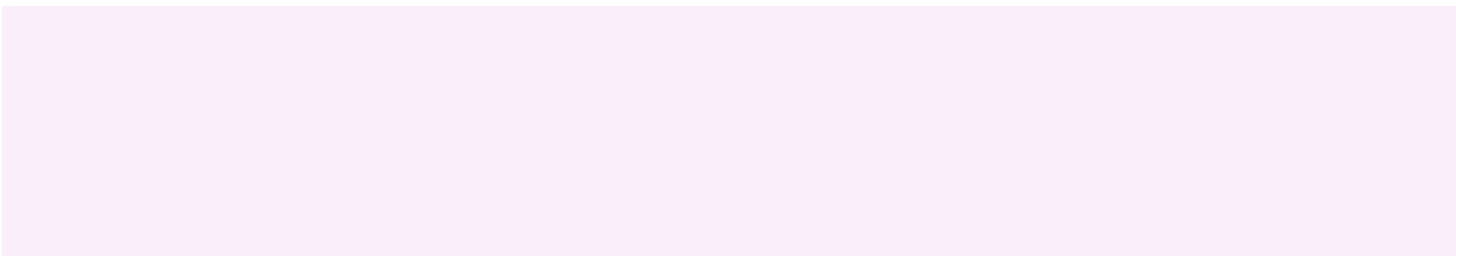
What happened **before** the situation arose?



How did it **occur and unfold**?



What **emotions** did you experience during this situation?



# Radical Acceptance

**What role did your behavior play in this situation?** Describe your actions and behaviors during this experience and consider how your actions influenced what occurred. Remember, you cannot control how others will act.

**How did other people's behavior influence the situation?** How did their actions contribute to what happened?

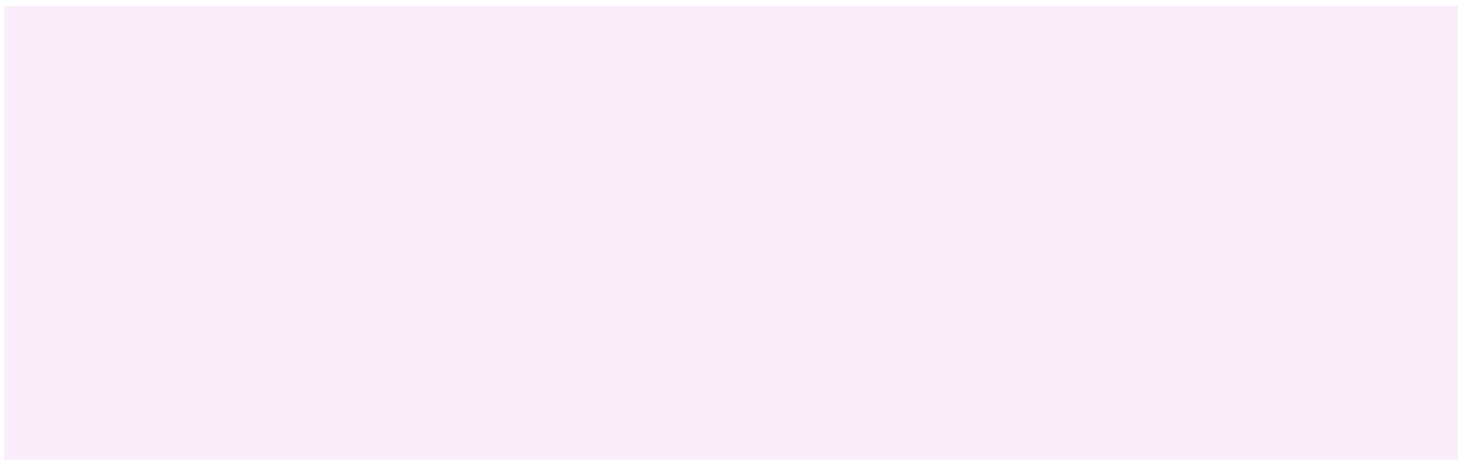
What were you **able to control** during this situation?

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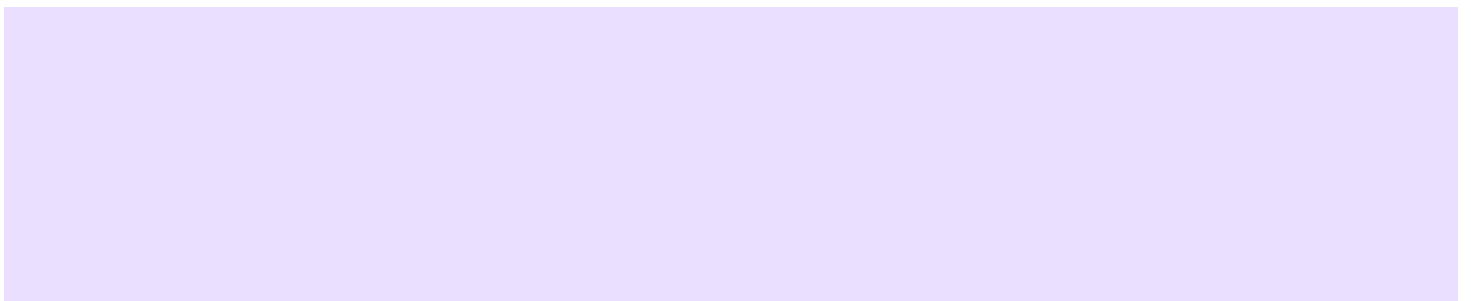
What were you **unable** to control?



How did you **react or behave** in response to what has occurred?



**What effects did your reactions have on you emotionally?** Remember that a response is considered deliberate behavior. A reaction, in contrast, is when you allow emotions to guide your behavior?



# Radical Acceptance

**What was the effect of your reaction on others around you?** Describe how they acted or behaved when you reacted the way you did.

How might you behave next time so that you **can minimize your reactive response?**

How could you respond, rather than react, to **reduce your emotional distress?**