

Radical Acceptance Worksheet

Name:

Date:

Instructions: Use this worksheet to reflect on and help you accept the reality of a current distressing event. Answer the following questions to help you see the troubling situation in a new light.

I. Distressing situation

Identify the distressing situation that you're experiencing right now and write it down.

II. Emotion or feeling

Write down the emotion or feeling that you're currently experiencing in response to the situation.

III. Thoughts or beliefs

Write down the thoughts or beliefs that you have about the situation.

IV. The reality

Write down the reality of the situation, as objectively as possible.

V. What can I change?

Identify what you can change about the situation, if anything.

VI. What can't I change?

Identify what you can't change about the situation.

VII . Radical acceptance

Practice radical acceptance by acknowledging and accepting the reality of the situation, without judgment or resistance.

VIII. Action steps

Brainstorm action steps that you can take to improve the situation or cope with it effectively.

IX. Self care

Identify self-care strategies that you can use to take care of yourself during this challenging time.