



Radical Acceptance – Diary Card

For each acceptance skill, describe the skill used during the week and indicate (from 0-5) how effective the skill was at shifting you towards acceptance.

<i>Date</i>	<i>Describe the situation</i>	<i>Describe the skill</i>	<i>Effective (0-5)?</i>
<i>Radical Acceptance</i>			
<i>Turning the Mind</i>			
<i>Willingness</i>			
<i>Half-Smiling</i>			
<i>Willing Hands</i>			