



## **Radical Acceptance**

We can't always keep unpleasant events, emotions and memories from coming our way. At times, we need to practice "Radical Acceptance"

### **What is Radical Acceptance?**

Radical means "all the way;" this is a practice of completely and totally acknowledging everything occurring in the moment.

This is a practice in accepting both in your mind and in your body.

Radical Acceptance means stopping the fight with how things "should be" and find a way to work within how things are.

### **What has to be accepted?**

We are accepting the current moment for how it is.

We are acknowledging rules and limitations that we are operating within.

We are accepting that everything has a cause (even if we don't know what that cause is).

We are accepting that life is worth living, even with painful events.

### **What has to be rejected?**

It is important to notice when we are using judgements and predictions. These tendencies are unavoidable but we still need to acknowledge that we are judging (rather than describing).

### **Why both accepting reality?**

Rejection of reality does not change reality.

Changing the path we are on requires accepting where we are starting.

Pain cannot be avoided and should not be dismissed.

Refusal to accept will always lead to being stuck.

### **Caution!!**

**Radical Acceptance is NOT the same as approval, compassion, love or passivity.**