

Radical Acceptance – Practice Sheet

Use the following steps to practice Radical Acceptance.

1. Figure out what you need to Radically Accept

- What are two *very important* situations in your life right now you need to radically accept?
 - _____
 - _____

- What are two *less important* situations in your life right now that you are struggling to accept?
 - _____
 - _____

2. Refine your list

Review each situation using your internal narrator. Check the facts for each situation and look for any accidental judgements or opinions. Make sure that what you are working to accept are the facts of the situation. Avoid words like “good,” “bad,” “should,” or “fair.” Use some paper to write out a more detailed description of each situation.

3. Narrow your list: Choose one *very important* and one *less important* situation to accept

4. Focus your mind on each of these events separately, allowing your Wise Mind to radically accept the facts of life. Check off any of the following exercises that you attempted (even if they weren’t helpful)

- | | |
|---|--|
| <input type="checkbox"/> Observed that I was fighting with reality | <input type="checkbox"/> Attended to my body sensations |
| <input type="checkbox"/> Reminded myself of the facts | <input type="checkbox"/> Allowed myself to experience disappointment/sadness |
| <input type="checkbox"/> Tried to call out judgements | <input type="checkbox"/> Acknowledged that life is worth living |
| <input type="checkbox"/> Practice opposite action | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Did a pros/cons list of accepting vs. denial/rejection | |