

Radical Acceptance: Step-by-step Guide

1. Notice when you are questioning, judging or fighting reality

Example: This is not how it should be. This needs to be easier. I'm not good enough. This is unfair.

2. Use this as an opportunity to pause and narrate what is currently happening. If you are alone, do this out loud. If you are in public, try to imagine a narrator's voice in your head describing what is happening. This narrator will detail the events currently happening, the feelings you are having and will accurately label the judgements you are making.

Example: Imagine a famous actor narrating your life. To add levity, you may want to choose a comedic voice or a narrator who has provided voice over work in movies or tv shows you like.

3. Remind yourself that there are causes for the reality. Acknowledge that some sort of history led up to this very moment. Consider how people's lives have been shaped by a series of factors. Notice that given these causal factors and how history led up to this moment, this reality had to occur just this way ("This is how things happened").

Example: Develop an A-B-C chain of events. (See A-B-C- worksheet for more)

4. Ground yourself in your body and notice how you are physically reacting to the moment. Are you clenching, flexing or bracing yourself? Is your heart racing or your breathing shallow? Take a moment to calm your body, relax in the moment and allow your body to accept the current moment.
5. Move your awareness to your brain. What urges are your mind giving you that may be focusing on changing reality rather than working towards a goal? When you discover a "rejecting" urge, practice *opposite action*. (see the Opposite Action worksheet for more information)
6. Expand your awareness to the immediate future. Imagine yourself navigating the next few moments smoothly and calmly. Practice, in your mind, how you want to carry yourself for the next few moments.
7. Scan back to your body and list any emotions that arise. Allow unpleasant emotions to come up just as easily as we would allow pleasant ones.
8. Remind yourself that your life is worth the struggle.