

What Does Radical Acceptance Mean to Me?

Radical acceptance means making a choice to accept reality, even when it's painful or unfair. What does that mean to you?

Think of something you've had a hard time accepting; write a few words about it:

What thoughts occur when you think about that situation?

- "This isn't fair."
- "Why me?"
- "I wish it could be different."
- "I can't move on until this changes."

What have you been doing to try to avoid or resist this reality? (Check any that apply)

- Denying it happened
- Blaming someone (including yourself)
- Numbing with substances, distractions, or isolation
- Replaying it over and over

Write a sentence describing what it would feel like to stop fighting the situation.



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Radical Acceptance Awareness Worksheet

Identify what you're resisting and explore whether it's out of your control.

What situation or truth am I struggling to accept right now?

What parts of this truth can I control versus what's out of my control?

What behaviors have I taken to resist reality? (I.e., blaming, numbing with alcohol, avoiding it)

What has the resistance cost me - emotionally, physically, etc.?



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Radical Acceptance Coping Statements

Use our prompts to write coping statements to accept reality.

Name a truth I need to accept right now - and a statement to help me stay grounded.

What words can ease my discomfort when I'm overwhelmed by the truth?

Write a statement to replace blame, shame, or regret with self-compassion.

Write a statement that reminds you that accepting reality doesn't mean you approve of it. (Remember you're choosing peace!)



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