

# Radical Acceptance Worksheet

ACKNOWLEDGE · ALLOW · MOVE FORWARD

Radical acceptance means fully acknowledging reality as it is right now – without fighting it, denying it, or wishing it were different. It does not mean liking what has happened or giving up. It means accepting what is, so you can respond more effectively and reduce unnecessary suffering.

## WHY PRACTISE IT?

- Helps you stop fighting reality
- Reduces emotional suffering
- Creates space to respond more wisely
- Supports problem-solving and next steps
- Builds emotional resilience

Acceptance is not the end – it's the beginning of change.

## STEPS TO PRACTISE RADICAL ACCEPTANCE

1

### NOTICE WHAT IS

Identify the situation you are struggling to accept. Be clear and specific about what is happening right now – not what you wish had happened.

2

### ACKNOWLEDGE REALITY

Remind yourself of the facts. What do you know to be true in this moment? Avoid adding judgment or 'what if' thoughts.

3

### ALLOW YOUR EXPERIENCE

Give yourself permission to feel whatever you feel. You don't have to like it, but you can accept that it is part of your current reality.

4

### MOVE TOWARDS WHAT HELPS

Once you have accepted what is, consider: what is in my control now? What is a wise next step?

## WORKSHEET

1

### What is difficult for me to accept right now?

Be specific about the situation, event or reality.

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2

### What are the facts?

What do I know to be true in this moment? Stick to facts, not opinions or judgments.

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3

### What am I feeling?

Name and allow whatever emotions are here.

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4

### What would it look like to accept this, as it is, right now?

What might acceptance sound like in my own words?

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5

### What can I do now?

What is in my control? What is a wise or helpful next step?

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## A GENTLE REMINDER

Acceptance is not about ignoring pain. It's about honouring reality so you can choose your next step with greater clarity and self-compassion.

## SOURCE

Adapted from Linehan, M. M. (2014). *DBT Skills Training Manual* (2nd ed.). Guilford Press.

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