



**Overview:  
Reality Acceptance Skills**

These are skills for how to live a life that is not the life you want.

**RADICAL ACCEPTANCE**

**TURNING THE MIND**

**WILLINGNESS**

**HALF-SMILING AND WILLING HANDS**

**ALLOWING THE MIND:  
MINDFULNESS OF CURRENT THOUGHTS**



## Radical Acceptance

(When you cannot keep painful events and emotions from coming your way.)

### WHAT IS RADICAL ACCEPTANCE?

1. Radical means *all the way*, complete and total.
2. It is accepting in your mind, your heart, and your body.
3. It's when you stop fighting reality, stop throwing tantrums because reality is not the way you want it, and let go of bitterness.

### WHAT HAS TO BE ACCEPTED?

1. Reality is as it is (the facts about the past and the present are the facts, even if you don't like them).
2. There are limitations on the future for everyone (but only realistic limitations need to be accepted).
3. Everything has a cause (including events and situations that cause you pain and suffering).
4. Life can be worth living even with painful events in it.

### WHY ACCEPT REALITY?

1. Rejecting reality does not change reality.
2. Changing reality requires first accepting reality.
3. Pain can't be avoided; it is nature's way of signaling that something is wrong.
4. Rejecting reality turns pain into suffering.
5. Refusing to accept reality can keep you stuck in unhappiness, bitterness, anger, sadness, shame, or other painful emotions.
6. Acceptance may lead to sadness, but deep calmness usually follows.
7. The path out of hell is through misery. By refusing to accept the misery that is part of climbing out of hell, you fall back into hell.

## **Radical Acceptance: Factors That Interfere**

**RADICAL ACCEPTANCE IS NOT:**

Approval, compassion, love, passivity, or against change.

**FACTORS THAT INTERFERE WITH ACCEPTANCE**

- 1. You don't have the skills for acceptance; you do not know how to accept really painful events and facts.
- 2. You believe that if you accept a painful event, you are making light of it or are approving of the facts, and that nothing will be done to change or prevent future painful events.
- 3. Emotions get in the way (unbearable sadness; anger at the person or group that caused the painful event; rage at the injustice of the world; overwhelming shame about who you are; guilt about your own behavior).
- Other: \_\_\_\_\_

## Practicing Radical Acceptance Step by Step

- Observe that you are questioning or fighting reality ("It shouldn't be this way").
- Remind yourself that the unpleasant reality is just as it is and cannot be changed ("This is what happened").
- 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").
- Practice accepting with the whole self (mind, body, and spirit). Be creative in finding ways to involve your whole self. Use accepting self-talk—but also consider using relaxation; mindfulness of your breath; half-smiling and willing hands while thinking about what feels unacceptable; prayer; going to a place that helps bring you to acceptance; or imagery.
- Practice opposite action. List all the behaviors you would do if you did accept the facts. Then act as if you have already accepted the facts. Engage in the behaviors that you would do if you really had accepted.
- Cope ahead with events that seem unacceptable. Imagine (in your mind's eye) believing what you don't want to accept. Rehearse in your mind what you would do if you accepted what seems unacceptable.
- Attend to body sensations as you think about what you need to accept.
- Allow disappointment, sadness, or grief to arise within you.
- Acknowledge that life can be worth living even when there is pain.
- Do pros and cons if you find yourself resisting practicing acceptance.



## Turning the Mind

TURNING THE MIND is like facing a fork in the road. You have to turn your mind toward the acceptance road, and away from the road of rejecting reality.

TURNING THE MIND is choosing to accept.

The CHOICE to accept does not itself equal acceptance. It just puts you on the path.



### TURNING THE MIND, STEP BY STEP

1. **OBSERVE** that you are not accepting. (Look for anger, bitterness, annoyance; avoiding emotions; saying "Why me?", "Why is this happening?", "I can't stand this," "It shouldn't be this way.")
2. Go within yourself and **MAKE AN INNER COMMITMENT** to accept reality as it is.
3. **DO IT AGAIN**, over and over. Keep turning your mind to acceptance each time you come to the fork in the road where you can reject reality or accept it.
4. **DEVELOP A PLAN** for catching yourself in the future when you drift out of acceptance.



## Radical Acceptance

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

### FIGURE OUT WHAT YOU NEED TO RADICALLY ACCEPT

1. Make a list of two **very important** things in your life right now that you need to radically accept. Then give each one a number indicating how much you accept this part of yourself or your life: from 0 (no acceptance, I am in complete denial and/or rebellion) to 5 (complete acceptance, I am at peace with this). *Note:* if you have already completed this section, you don't need to do it again unless things have changed.

What I need to accept (Acceptance, 0–5)

1. \_\_\_\_\_ ( )

2. \_\_\_\_\_ ( )

2. Make a list of two **less important** things in your life you are having trouble accepting this week. Then rate your acceptance just as you did above.

What I need to accept (Acceptance, 0–5)

1. \_\_\_\_\_ ( )

2. \_\_\_\_\_ ( )

### REFINE YOUR LIST

3. Review your two lists above. **Check the facts.** Check for interpretations and opinions. Make sure that what you are trying to accept is in fact the case. **Check for judgments.** Avoid "good," "bad," and judgmental language. Rewrite any items above if needed so that they are **factual and nonjudgmental**.

### PRACTICE RADICAL ACCEPTANCE

4. Choose one item from the very important list and one item from the less important list to practice on.

1. \_\_\_\_\_

2. \_\_\_\_\_

5. Focus your mind on each of these facts or events separately, allowing your Wise Mind to radically accept that these *are* facts of your life. *Check off* any of the following exercises that you did.

- |  |   |
|--|---|
| <input type="checkbox"/> Observed that I was questioning or fighting reality.                                  | <input type="checkbox"/> Attended to my body sensations as I thought about what I need to accept. |
| <input type="checkbox"/> Reminded myself that reality is what it is.   | <input type="checkbox"/> Allowed myself to experience disappointment, sadness, or grief.          |
| <input type="checkbox"/> Considered the causes of the reality, and nonjudgmentally accepted that causes exist. | <input type="checkbox"/> Acknowledged that life can be worth living even when there is pain.      |
| <input type="checkbox"/> Practiced accepting all the way with my whole being (mind, body, spirit).             | <input type="checkbox"/> Did pros and cons of accepting versus denial and rejection.              |
| <input type="checkbox"/> Practiced opposite action.  | <input type="checkbox"/> Other: _____   |
| <input type="checkbox"/> Coped ahead with events that seemed unacceptable.                                     | _____   |

6. Rate your degree of acceptance after practicing radical acceptance (0–5): \_\_\_\_\_