

DISTRESS TOLERANCE WORKSHEET 9
(Distress Tolerance Handouts 11, 11a, 11b; pp. 342-344)

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): _____

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