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Radical Acceptance Worksheet

Accepting is not approving. You stop fighting what already happened, so your energy goes to what you can still change.

DISTRESS TOLERANCE · USE FOR PAIN YOU CANNOT CHANGE

1. What happened (facts only, like a camera would record it)

2. What am I fighting? ("it should not be", "it is not fair")

3. What fighting costs me (sleep, energy, people)

What accepting could free up for me

4. Accept with your body (about one minute, tick when done)

- [ ] **Willing hands**
  Sit down. Rest your hands on your thighs, palms up, fingers loose.
- [ ] **Half-smile**
  Soften forehead and jaw. Let the corners of your mouth lift a little.
- [ ] **Breathe out**
  Slow breath out. Drop your shoulders. Think of what you are fighting.

5. My acceptance statement (e.g. "It happened. I wish it had not, and it did.")

6. Distress before (0 to 10)

0 1 2 3 4 5 6 7 8 9 10

Distress after

0 1 2 3 4 5 6 7 8 9 10

7. One next step I can still take

Back in the fight an hour later? That is normal. Turn your mind toward accepting again, as often as it takes. Each turn counts.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/radical-acceptance

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

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