

RADICAL ACCEPTANCE

Radical Acceptance is a central concept in Dialectical Behavior Therapy (DBT) and mindfulness. It requires assessing a situation from a place of mindfulness (non-judgment) and compassion. It is practicing a conscious effort to acknowledge and honor difficult situations and emotions: fully acknowledging and embracing the present moment, including its difficulties and discomforts, without trying to change or control it. Part of that involves realizing that while we cannot avoid pain in life, how much we suffer is at least partially under our control.

Here are some other resources if you want to read more:

[What it really means to practice radical acceptance](#) - PsychCentral

[Radical Acceptance](#) - dialecticalbehaviortherapy.com

[What is Radical Acceptance?](#) Very Well Mind

Learning to use radical acceptance can be a process. To start, select a coping statement and try to apply it to a (relatively) low stakes situation like the ones listed below. Check those that you would be willing to use to remind yourself to accept the present moment and chain of events without judgement.

- This is the way it has to be.
- All the events have led up to now.
- I can't change what has already happened.
- It's no use fighting the past.
- Fighting the past only blinds me to the present.
- The present is the only moment I have control over.
- It's a waste of time to fight what has already occurred.
- The present moment is perfect, even if I don't like what is happening.
- This moment is exactly as it should be given what happened before it.
- This moment is a result of over a million other decisions.
- Other Ideas: _____

Using these coping statements, try to begin using radical acceptance in moments in your life without judging. It is difficult to do this with painful situations, so practice with smaller events, like:

- Read a controversial article in the paper without being judgmental about what occurred.
- When you are caught in traffic, wait without being critical.
- Watch the news on TV without judging.
- Listen to the news or political commentary on the radio without being judgmental.

What was your experience?
