

RADICAL ACCEPTANCE STATEMENTS

(Accepting reality doesn't mean you like it, want it, or approve of it. It means you stop throwing energy at trying to undo the past or control the uncontrollable.)

1. This is happening. I don't like it, but arguing with gravity never made anyone float.
(Acceptance ≠ approval. It's about stopping the internal tug-of-war.)

2. My history got me here. Fighting it won't get me out-only walking forward will.
(My survivor brain wants to backward-engineer the trauma and have it play out differently. Acceptance says: start from where your feet are. Remember the only way out is through - like the buffalo running through a storm.)

3. This feeling/emotion isn't a betrayal-it's a clue, it's information, it's normal.
(A trauma-informed reframe: the nervous system isn't the enemy. Feelings are not the enemy - they are important information that I need to manage my current situation.)

4. I can be angry at what happened and still acknowledge that it did happen.
(Holding two truths. Dialectical thinking 101.)

5. I didn't cause all this. But I do get to choose what I do next.
(Responsibility without shame.)

6. Of course I adapted this way. Look at what I was surviving. It makes sense in context, even if it is no longer working for me.
(Validate the function before you try to change the form.)

7. Fighting my body never made me feel more at home in it.
(Accepting the costs of diet culture without self-blame.)

8. This moment is the only one I can live in, even if my brain wants to time travel.
(Depression lives in the past, anxiety in the future. Your job is here.)

9. The rules I've lived by might've kept me safe, but they're not laws of the universe.
(Perfectionism is a coping strategy, not a personality trait.)

10. Even if I never get an apology, I still get to stop bleeding from the wound.
(You can accept the wound exists without co-signing the harm that caused it.)

RADICAL OPENNESS STATEMENTS

(Openness is not about being wrong-it's about being brave enough to keep learning, even when it's uncomfortable or embarrassing or inconvenient.)

1. *I might not know as much as I think I do-and that doesn't mean I'm stupid.*
(Radical openness dismantles intellectual overcontrol without shaming intelligence.)
 2. *Being right won't keep me connected. But being real just might.*
(Control-seeking behavior often isolates. This centers connection over correctness.)
 3. *If something feels threatening, it might mean it's touching a truth I've tried to avoid.*
(Openness means moving toward the edge, not away. It means looking over, not falling off.)
 4. *My need to be competent is valid, and sometimes it blocks me from being curious.*
(Radical openness often collides with perfectionism. This invites curiosity.)
 5. *I don't have to love discomfort, but I do have to stop avoiding every ounce of it.*
(Discomfort is where the growth is. Avoidance just keeps the system locked.)
 6. *I might be missing something. That doesn't make me wrong, it makes me human.*
(Softens shame and makes room for feedback.)
 7. *If I already knew everything, I wouldn't need a life.*
(Clients stuck in control/performance loops need this challenge.)
 8. *I've done it my way. It got me here. Maybe here is the edge of what that version of me knows.*
(Radical openness as a pivot point-not a self-rejection.)
 9. *Sometimes the thing I'm most defensive about is the place I need to grow.*
(Openness ≠ weakness. It's strength in motion.)
 10. *What if "doing it differently" doesn't mean I was wrong - just that I'm evolving?*
(Helps reframe shame around change and experimentation.)
-