

# Radical Acceptance Worksheet

Name	Date
Use this worksheet to reflect on and help you accept the reality of a current distressing event. Answer the following questions to help you see the troubling situation in a new light.	
<b>I. Distressing Situation</b>	
Identify the distressing situation that you're experiencing right now and write it down.	
<b>II. Emotion or Feeling</b>	
Write down the emotion or feeling that you're currently experiencing in response to the situation.	
<b>III. Thoughts or Beliefs</b>	
Write down the thoughts or beliefs that you have about the situation.	
<b>IV. The Reality</b>	
Write down the reality of the situation, as objectively as possible.	
<b>V. What can I change?</b>	
Identify what can you change about the situation, if anything.	

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<b>VI. What can't I change?</b>	
Identify what you can't change about the situation.	
<b>VII . Radical Acceptance</b>	
Practice radical acceptance by acknowledging and accepting the reality of the situation, without judgment or resistance.	
<b>VIII. Action Steps</b>	
Brainstorm action steps that you can take to improve the situation or cope with it effectively.	
<b>IX. Self Care</b>	
Identify self-care strategies that you can use to take care of yourself during this challenging time.	