Radical Acceptance Worksheet

| Patient name: | | Date: | | |
|------------------------|---------------------|-------|------|--|
| Age: | Gender: | | Sex: | |
| Relevant medical infor | mation (if needed): | | | |



Instructions: Use this worksheet to reflect on and learn how to accept the reality of a past and current distressing event. Answer the following questions to help you see the troubling situation in a new light.

| Past distressing situation | | | |
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| Describe a distressing situation you experienced in the past. What happened? | | | |
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| What were the past events that may have led up to this situation? | | | |
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| What was your involvement or role in the situation? |
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| How were the others involved in the situation's development? What roles did they play? |
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| What could you have changed in that situation? What things did you have control over in that situation? |
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| What couldn't you have changed? What did you lack control over during that situation? |
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| How did you react or respond to the situation? |
| now did you react or respond to the situation: |
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| How did your response make you and others feel? |
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| What are the thoughts or beliefs you had about your response? |
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| If you had prosticed redical acceptance have veryly the autooms he different? |
| If you had practiced radical acceptance, how would the outcome be different? |
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| Present distressing situation |
| Describe the current distressing situation. What is happening? What are your thoughts and feelings on it? |
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| What are the action steps you can take to accept the situation? |
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| After practicing radical acceptance, are there any shifts in your thoughts and feelings? If yes, describe them. |
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| Additional notes |
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