



Be REAL

Radical Acceptance Worksheet

Bring to mind one thing in your life that you need to radically accept: a situation or challenge at work or your personal life. As you reflect on this situation, observe how much you have already radically accepted it using a scale of 0 – 5. Circle the number that matches how you feel:

0 1 2 3 4 5

Total Resisting

Radically Accepted

Remember, some signs of resisting or denying reality are if we notice ourselves thinking, “why me?” “if only I had ” “What if the other person had ” “I could have” or “I should have...”.

Next, write out responses to the following questions:

1. Are you resisting or denying reality? How? Describe how you are, or are not, resisting reality.

2. When you think about this situation, what sensations are present in your body? What emotions and thoughts do you notice?

3. Think of two things you can do to practice radical acceptance in this situation. For example:

- Noticing if you are resisting reality
- Reminding yourself “ it is what it is”
- Tuning into your body and mind
- Practicing accepting with body, heart & mind
- Allowing whatever emotions surface to be present

4. Reflect on how hard or easy it might be to practice radical acceptance. Think about what barriers or challenges you might face in accepting, and plan for how you can overcome them.

Ask yourself: “What part of this can I change or control? What part of the problem can I do something about? What part of my reaction can I do something about?”

5. For the rest of the week, practice radical acceptance using the ideas you noted above. Notice emotions, thoughts, and physical sensations that arise as you practice.