

Radical Acceptance

This template is used to practice Radical Acceptance in a painful situation



Explain a situation that is causing you suffering:

Explain what realistic changes can be made through problem solving and/or shifting your thoughts:

Explain what you may need to radically accept:

Explain other skills you may need to practice Radical Acceptance of this situation:

Describe how your life will be different once you have radically accepted this situation:

