Radical Acceptance Worksheet

DBT distress tolerance: stop fighting a reality you can't change. Acceptance isn't approval.

Name _____ Date _____

1. The reality I'm resisting

The plain facts, with no story about why it's wrong.

2. How I know I'm resisting

Body, repeating thoughts, behaviors: ruminating, arguing in my head, clenching.

3. What I'm afraid will happen if I accept it

Acceptance isn't giving up. Name the fear underneath.

4. Can I change this right now?

If yes, this is problem solving, not acceptance. If no, keep going.

5. What acceptance would look like

How I'd think, act and feel if I stopped fighting it. Not happy about it, just not fighting.

6. How I'll practice

Half-smile, willing hands, an acceptance statement, breathing while I acknowledge it.

7. When I un-accept

My mind will go back to resisting. That's normal. When it happened, and how I came back:

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Log Radical Acceptance on your DBT Pal diary card on the days you practice it, with a note on what you're accepting. Free for iPhone and Android: dbtpal.app/get?c=pdf-radical-acceptance