

DISTRESS TOLERANCE WORKSHEET

Practicing Radical Acceptance

Identify a situation in which you are struggling with acceptance:

1. What is the problem or situation?
2. Describe the part of that situation that is unacceptable, or the part of yourself that is not accepting.
3. Describe the reality of the situation.
4. What are some of the causes that lead up to this reality?
5. Practice accepting with the whole self, with your mind, body, and spirit. Breathe deeply, put your body into an open, accepting posture, and notice and let go of thoughts and feelings that fight the reality. Practice skills for acceptance such as half-smile, awareness exercises, or prayer. Focus on a statement of acceptance, such as “it is what it is” or “everything is as it should be.” Describe what you did:
6. Rate your distress tolerance about this situation before and after practicing radical acceptance (0 = can’t take it, no ability to accept it, 100 = can take it, total acceptance of this painful reality)

Before: _____ After: _____