

Radical Acceptance Worksheet

Situation to be Accepted _____

If you feel this situation is too difficult to work with, break it down into smaller chunks. This will help it become more manageable. Complete the worksheet for each situation and for each smaller chunk separately if needed. If applicable, what are the smaller chunks:

What situation are you willing to radically accept?

Why is it important to accept this situation?

What could be different in your life if you choose to radically accept this?

What emotions do you feel when you refuse to accept the situation?

What behaviors do you engage in when you refuse to accept a situation?

How do you experience suffering when you refuse to accept a situation?

What behaviors could you engage in if you accepted the situation?

What control in the situation do you have? What do you not control?

What level of acceptance do you currently have of this situation (from 1-10)

Radical Acceptance involves:

Mind – choose thoughts that serve you best and ease your suffering

Body – notice your body sensations and use breath and relaxation to calm your body

Heart – engage your 5 senses to settle your painful emotions

Spirit – take time to pray, meditate, read something inspiring or reach out to help someone else

“Letting go transforms unbearable suffering into more ordinary pain, which is part of life.”

CLAUDINE SWEENEY.COM

Feel Better, Live Fuller, Love Deeper