



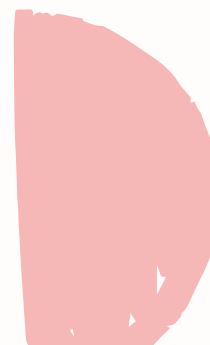
RADICAL ACCEPTANCE


Working through Distressive Thoughts

What's the distressing situation?

Are there any events in the past that contribute to the distress of this present situation?


Who was involved in this situation and what role did they play in it?






What role did you play in this distressing event?

How did you respond to this situation?




What control do you have in this distressing event?



What do you not have control over in this situation?



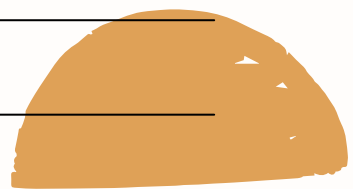
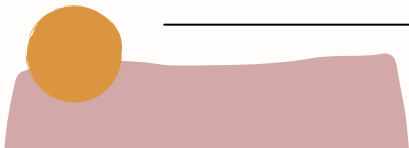



How do you wish you could change this situation? Are you able to?

What emotions did this situation make you feel?

How did your response to this situation affect your thoughts and feelings?

How did your response to this situation affect the thoughts and feelings of other people involved?





Here are a list of Radical Acceptance statements. Make a check mark for which could be a new, accepting thought towards your distressing event.

_____ This is just the way it is.

_____ I can't change what's already been done.

_____ I can be content in the present moment, even if I don't like what's happening.

_____ The present is the only moment I have control over.

_____ It's no use trying to fight the past.

_____ Continuing to fight the past only traps me in the present.

_____ It's a waste of time to try to change what's already been done.

_____ This moment is a result of a million other decisions.

What can change by radically accepting the situation?

