Reality Acceptance Skills

For facts you cannot change right now. Stop fighting reality, so your energy can go where it helps.

Pain + Nonacceptance = Suffering

Pain is part of life. Fighting what cannot be changed adds suffering on top of it.

Acceptance IS

- Seeing the facts as they are
- Letting the sadness or grief come
- Stopping the fight with what is fixed
- A choice I make again and again
- Working on what can still change

Acceptance is NOT

- Approving, or saying it was fair
- Pretending I feel fine
- Giving up on everything
- Forgiving, unless I choose to
- Staying in danger or harm

Signs I am fighting reality

- [ ] "It shouldn't be this way"
- [ ] Replaying it, "if only"
- [ ] Avoiding anything about it
- [ ] "Why me?"
- [ ] Bitterness or resentment
- [ ] Clenched jaw, fists, tight chest

Radical acceptance

Accept the facts all the way, with mind, heart and body. Remember that things have causes, and that life can be worth living even with pain.

Turning the mind

A fork in the road: fight reality or accept it.
Notice, make an inner commitment to accept, and turn again every time you drift back.

Willingness, not willfulness

Do what the situation needs, wholeheartedly.
Willfulness is sitting on your hands, giving up or insisting on control.

Half smile and willing hands

Relax your face and lift the corners of your lips slightly. Unclench your hands and turn your palms up.
Accept with your body.

Accepting self talk: circle the ones that feel true

- This is what happened. I can't change the past.
- Fighting this won't change it.
- I can feel sad and still keep going.
- I can choose my next step.
- I don't like this, and I can accept it.
- There are reasons this happened.
- Right now, this is how it is.
- One moment at a time.

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Radical Acceptance Worksheet

Pick one fact you keep fighting. Separate what is fixed from what you can still change.

Name: _____ Date: _____

1 The fact I keep fighting

Describe it plainly, like a camera would

_____

Acceptance now: ____ / 10

_____

2 Signs I am fighting it

Tick any that fit

- ☐ "It shouldn't be"
- ☐ Replaying it
- ☐ Bitterness
- ☐ Avoiding
- ☐ Tense body
- ☐ Other: _____

3 Sort the facts

Accept the left column. Act on the right.

I cannot change (accept):	I can change or influence (act):
_____	_____
_____	_____
_____	_____

4 How it came to be

Causes, not blame

_____

5 Accept with my whole self

Body, breath and words

- ☐ Half smile
- ☐ Willing hands
- ☐ Slow breathing
- ☐ Drop shoulders

My accepting words: _____

6 If I had already accepted, I would

_____

_____

7 Let it land

Sadness often comes before calm

Feelings underneath: _____

Life can still be worth living because: _____

One small step I can take today: _____

Acceptance after: ____ / 10

Turn my mind again when: _____

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Turning the Mind Practice Log

Rate acceptance from 0 to 10 before and after. Turning again and again is the skill, not a failure.

Name: _____ Date: _____

Date	What I was fighting	Before	How I turned my mind	After	What pulled me back

Weekly review

This week I was mostly: ☐ Willing ☐ Willful ☐ Both

The fact that got a little easier to accept: _____

What helped most (words, body, breath, people): _____

What I can now put my energy into: _____

One kind thing I can say to myself about trying: _____

Safety first: accepting a fact never means accepting that harm must continue. If you are not safe, get help. Work with a clinician on trauma and major loss. In the US, call or text 988 any time if you are thinking about suicide or self harm, text HOME to 741741, or call 911 in an emergency.

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