

RADICAL ACCEPTANCE WORKSHEET

What happened?
What's the situation?

What led up to the situation?

What was your role, and what role
did other people play?

What do you and don't you have
control over?

What was your response to the situation
and how did it make you feel?

How can you use radical acceptance to
respond differently in the future?

RADICAL ACCEPTANCE

COPING STATEMENTS

FIGHTING THE PAST ONLY BLINDS MY PRESENT

I CAN HANDLE WHAT IS IN FRONT OF ME AS IT IS

LIFE IS WORTH LIVING, EVEN IF I AM IN PAIN

EVERYTHING THAT HAS HAPPENED IN THE PAST,
HAS LED UP TO THIS POINT NOW

I CAN LIVE IN THE PRESENT, DESPITE THE PAIN I
AM EXPERIENCING

I CAN HAVE PAIN WITHOUT IT TURNING INTO
SUFFERING

I CAN SURVIVE THE PRESENT, EVEN IF I AM
UNHAPPY WITH WHAT IS HAPPENING

THE PRESENT IS THE RESULT OF SO MANY THINGS
THAT HAS ALREADY HAPPENED

I CAN'T CHANGE WHAT HAS HAPPENED IN THE
PAST

I CAN LEARN FROM THE PAST TO SOLVE MY
PRESENT AND FUTURE PROBLEMS

ACCEPTANCE ALLOWS ME TO BE FREE FROM THE
SHACKLES OF DENIAL

MY PAST DOES NOT DEFINE MY FUTURE

HOW I REACT IN THIS MOMENT IS ALL I HAVE
CONTROL OVER

I SEE THE PRESENT MOMENT FOR WHAT IT IS