

# THE RADICAL ACCEPTANCE CHEAT SHEET

STOP FIGHTING REALITY TO START FINDING PEACE

## WHAT IS RADICAL ACCEPTANCE?

Radical Acceptance is a DBT (Dialectical Behavior Therapy) skill used to reduce suffering.

RADICAL	ACCEPTANCE	THE EQUATION
Complete and total.	Seeing reality for what it is without judgment or attempts to "wish" it away.	$\text{Pain} + \text{Non-Acceptance} = \text{Suffering}$

**Note:** Acceptance does NOT mean you like it, agree with it, or think it's fair. It just means you stop fighting the fact that it exists.

## THE "WHEN TO USE IT" CHECKLIST

Use this skill when you feel stuck in "Why me?" or "It shouldn't be this way."

When you are facing a painful situation that cannot be changed.

When you feel "stuck" in anger, bitterness, or resentment.

When you are "catastrophizing" about a current reality.

## THE 3-STEP PROCESS TO RADICALLY ACCEPT

STEP 1: OBSERVE THE RESISTANCE	STEP 2: TURN THE MIND	STEP 3: PRACTICE WILLING HANDS
<p>Notice the physical and mental signs that you are fighting reality.</p> <p><b>Notice:</b></p> <p>Are your fists clenched? Is your mind saying 'This isn't fair'? Acknowledge that you are currently resisting.</p>	<p>This is the active choice to accept. It is like coming to a fork in the road and choosing the path of acceptance over and over.</p> <p><b>Accept:</b></p> <p>Make an inner commitment to accept. Say to yourself: 'This is the moment I am in. I don't like it, but I cannot change that it has already happened.'</p>	<p>Your body can lead your mind.</p> <p><b>The Action:</b></p> <p>Sit or stand with your hands open, palms facing up, and fingers relaxed. This posture sends a signal to your brain that you are open to reality rather than "bracing" against it.</p>

## RADICAL ACCEPTANCE SELF-TALK (COPINGS)

- "I can't change what has already happened."
- "It is what it is." · "Fighting this reality only creates more exhaustion."
- "The present moment is the result of a long chain of events; it makes sense that I am here, even if I don't like it."
- "I can stand this. It is painful, but I am safe in this moment."

## WHY DO IT? (THE "WHY" FOR THE BRAIN)

- Energy Conservation: Fighting reality is like trying to swim upstream; acceptance is turning around and floating.
- Clarity: Once you accept "This is where I am," you can finally ask, "Now, what is the most logical next step?"