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Radical Acceptance Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Self-Assessment

2 · Identifying Myths That Hinder Acceptance

3 · Pain vs. Suffering

4 · Willingness vs. Willfulness

5 · Pros and Cons of Non-Acceptance

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How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

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Self-Assessment

The following are common signs you're struggling to accept reality as it is. Rate each statement on a scale from 1-5 (1 being "strongly disagree" and 5 being "strongly agree"):

Statement	Rate (1-5)
1. "I can't accept this; it shouldn't be this way."	1-2-3-4-5
2. "Why did this happen to me? It's not fair."	1-2-3-4-5
3. "I can't move on until things go back to how they were before."	1-2-3-4-5
4. "I just keep thinking if I had done something differently, this wouldn't have happened."	1-2-3-4-5
5. "I'm stuck in this situation, and there's no way out."	1-2-3-4-5
6. "I feel like accepting it means I'm giving up or saying it's okay."	1-2-3-4-5
7. "I don't want to let go of my anger; it's all I have left."	1-2-3-4-5
8. "Accepting this reality means I have failed somehow."	1-2-3-4-5
9. "I can't deal with this; it's just too much."	1-2-3-4-5
10. "Life will never be good again with things like this."	1-2-3-4-5
11. "It's hard for me to even think about moving forward."	1-2-3-4-5
12. "I know I should accept it, but emotionally, I just can't get there."	1-2-3-4-5

Score: ____/50

The score reflects your resistance to accepting reality as it is.

1. What statements resonated with you more than the others?

Identifying Myths That Hinder Acceptance

1. Radical acceptance is a concept in dialectical behavior therapy (DBT) which encourages individuals to accept reality as it is. However, there can be misunderstandings about what radical acceptance really entails. Here are common myths:

Myth: Radical acceptance means everything is okay.

Fact: Radical acceptance simply implies recognizing reality as it is. It doesn't mean that everything is okay or that you approve of the situation.

Myth: Practicing radical acceptance implies that you're weak or passive.

Fact: Acceptance is, in fact, a sign of strength. It requires acknowledging reality without judgment, which is an active process.

Myth: If you accept something, you can't try to change it.

Fact: Accepting reality as it is helps create a starting point for meaningful change. Understanding and acceptance are not mutually exclusive from efforts to improve your situation.

Myth: Radical acceptance is giving up on your goals.

Fact: Acceptance is not the same as resignation. You can accept your current situation while still striving for future goals.

Myth: Acceptance is about being happy with what you have.

Fact: Acceptance isn't about happiness or contentment with your circumstances; it's about recognizing them without resistance.

Myth: Radical acceptance means ignoring your emotions.

Fact: Radical acceptance involves acknowledging your emotions about a situation fully, without trying to suppress or ignore them.

Myth: Acceptance will make your problems go away.

Fact: Acceptance does not erase your problems, but it can change your response to them and reduce unnecessary suffering.

Myth: Radical acceptance is just another term for "settling."

Fact: Acceptance isn't about settling; it's about not fighting reality so you can find more effective ways to deal with challenges.

Myth: You have to agree with the situation to accept it.

Fact: Agreement is not necessary; acceptance is about acknowledgment, not agreement.

Myth: Acceptance is a one-time event.

Fact: Acceptance is an ongoing practice. Often, the process requires you to repeatedly acknowledge reality, especially in the face of painful emotions.

Myth: Acceptance means you don't care.

Fact: Caring and acceptance are not opposites. You can deeply care about a situation but still accept it as it is.

Myth: Radical acceptance is only for people with mental health issues.

Fact: This skill is beneficial for everyone and can improve resilience and flexibility in the face of life's stressors.

Myth: Radical acceptance means never feeling negative about a situation again.

Fact: Acceptance doesn't prevent you from experiencing negative emotions. Instead, it offers a way to relate to these emotions without becoming overwhelmed by them.

2. Write down common myths or beliefs that you hold which make it difficult for you to practice acceptance in various aspects of your life. Challenge the validity and utility of each myth. What evidence contradicts this myth?

Myth	Challenge/Evidence

Pain vs. Suffering

1. Defining Pain and Suffering

Pain is an inevitable aspect of the human experience. It can be physical, such as when you stub your toe, or emotional, like the heartache from a loss. Pain is the initial, raw sensation or emotion that arises from an experience. It is immediate and often beyond our control.

Suffering, on the other hand, can be viewed as our reaction to pain. It is the secondary layer that includes our thoughts, judgments, and emotions about the pain. Suffering is often tied to resistance, where we struggle against the reality of the pain.

2. Examples of Pain in Your Life

List some specific instances where you have experienced pain. This can include physical pain, emotional pain, losses, rejections, failures, etc.

3. Responses to Pain Leading to Suffering

Reflect on how you responded to each event listed above. How did your reactions either accept these pain points or resist them? If there was resistance, describe how it may have led to increased suffering.

Pain: _____

Response/Suffering:

4. Analyzing the Impact of Resistance

Consider the additional impact on your well-being due to your resistance to pain. How did this resistance affect your emotions, thoughts, and behaviors?

Pain: _____

Impact of resistance:

5. Exploring Acceptance

For each instance of pain, explore how acceptance might look. Imagine not resisting the pain and consider how this might change your experience of suffering.

Pain: _____

Acceptance Might Look Like:

Willingness vs. Willfulness

This exercise helps individuals distinguish between being willing to experience things as they are (willingness) versus being stubbornly resistant to change and reality (willfulness).

1. Identifying Willful Behaviors

Reflect on recent situations where you experienced difficulty accepting what was happening. The following are some common examples. Check off the ones you tend to engage in or add more to the list:

- ☐ **Procrastination:** Continually putting off tasks or responsibilities that need to be addressed.
- ☐ **Avoidance:** Actively steering clear of situations or emotions that cause discomfort rather than facing them.
- ☐ **Denial:** Refusing to acknowledge facts or reality because they bring up negative feelings or conflict with desired beliefs.
- ☐ **Passive-aggressiveness:** Expressing anger or resentment indirectly instead of openly addressing an issue.
- ☐ **Self-sabotage:** Engaging in behaviors that undermine personal goals, such as excessive self-criticism or setting unrealistic standards.
- ☐ **Non-communication:** Withholding thoughts, feelings, or needs rather than expressing them.
- ☐ **Blaming others:** Consistently attributing one's own problems or failures to external factors instead of taking personal responsibility.
- ☐ **Refusal to forgive:** Holding onto grievances and refusing to move past them, even when it is in one's interest to let go.

- ☐ **Overindulgence:** Excessively using substances or engaging in activities as a way to escape feelings or situations.
- ☐ **Dwelling on the past or future:** Focusing on "what was" or "what if" instead of living in the present moment.
- ☐ **Resisting help or support:** Rejecting offers of assistance out of pride or fear of appearing weak.
- ☐ **Manipulation:** Attempting to influence or control others' actions to suit one's own needs, rather than being straightforward or cooperative.
- ☐ _____
- ☐ _____

2. Recognizing the Consequences of Willfulness

Consider the impact that being willful has had on your life and your ability to cope with difficult situations.

3. Exploring Willingness

Now, think about how a willing approach could have altered those situations. What would it mean to embrace willingness? How might it look and feel?

4. The Benefits of Willingness

Identify the potential benefits of approaching situations with willingness rather than willfulness. How could this change affect your emotions, relationships, and life outcomes?

Pros and Cons of Non-Acceptance

Think about a specific situation or aspect of your life that you are struggling to accept. As you consider this situation, list down the positive and negative outcomes of refusing to accept it.

Situation Not Accepted:

1. List Your Non-Acceptance Responses

- Identify your thoughts, emotions, and behaviors that indicate you're not accepting the situation. These may include denial, anger, avoidance, or rumination.

2. Identify Obstacles to Acceptance

- Reflect on what is preventing you from accepting this reality. Consider beliefs, fears, or expectations that make acceptance difficult for you.

3. Pros of Non-Acceptance

Reflect on the potential benefits or protective aspects of not accepting the situation. These might include short-term emotional relief, maintaining hope for change, or others.

4. Cons of Non-Acceptance

Consider the disadvantages or costs of not accepting the situation. This often involves longer-term impacts such as emotional distress, physical stress symptoms, strained relationships, or other negative effects.

5. Evaluation

Review your lists of pros and cons. Reflect on how non-acceptance is working for you overall. Are there more cons than pros? Are the pros truly beneficial, or are they short-lived?

6. Engage in Perspective-Taking

- Try to observe the situation from an outside perspective. What would you say to a friend in the same situation?

7. Readiness for Change

After evaluating the pros and cons, consider your readiness to begin practicing acceptance. What might be your first step toward accepting what you've been resisting?

Values Clarification

Identifying your core values and beliefs can enhance your motivation to integrate radical acceptance into your life by showing its consistency with what is most important to you.

Reflect on what is most important to you in life. These may be principles that guide your actions, qualities you admire in others, or factors that contribute to your sense of purpose.

1. Identify Your Core Values

List at least five core values that are significant to you. These should reflect what you consider crucial for your well-being and fulfillment.

1. Value: _____

2. Value: _____

3. Value: _____

Examples:

Compassion - Integrity - Courage - Respect - Perseverance - Honesty -
Loyalty - Gratitude - Creativity - Freedom - Justice - Equality - Humility -
Wisdom - Accountability - Love - Trust - Discipline - Kindness - Generosity
- Responsibility - Patience - Optimism - Authenticity - Passion - Empathy -
Harmony - Curiosity - Excellence - Balance - Peace - Innovation -
Teamwork - Simplicity - Reliability - Flexibility - Health - Ambition - Joy -
Determination - Self-Control - Open-mindedness - Spirituality - Adventure
- Commitment - Security - Environmentalism - Fairness – Leadership

2. Define What Each Value Means to You

For each value listed above, write a brief description of what it means in your life and why it matters to you.

3. Connect Values to Radical Acceptance

Reflect on how practicing radical acceptance might be in alignment with each core value. How might accepting reality as it is help you to live in accordance with these values?

*Example: **Courage:** It takes courage to acknowledge and accept uncomfortable truths. Radical acceptance can be seen as an act of bravery, as it involves confronting and embracing reality without hiding from it or trying to change it.*

4. Identify Any Discrepancies

If any values seem to conflict with the idea of radical acceptance, explore these discrepancies. Could there be a misunderstanding of what radical acceptance entails? Consider how radical acceptance is about acknowledging reality without necessarily endorsing it.

For example if you highly value justice, you may feel that radically accepting a painful situation could imply condoning injustice or inequality. However, radical acceptance isn't about approving of the status quo or giving up on change. Instead, it's about recognizing and acknowledging the reality of injustice without denial, which is the first step in working effectively towards change and advocating for justice.

5. Affirmation of Alignment

Write down an affirmation that reflects how you see radical acceptance enhancing your ability to live according to your core values. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ "By accepting what I cannot change, I am empowered to focus my energy on what I can influence."

- ☐ "Recognizing the reality of my situation allows me to make decisions that are true to my moral compass."
- ☐ "In accepting the truth, however harsh it may be, I honor my core value of honesty."
- ☐ "I find gratitude in the now, practicing radical acceptance to cherish the gifts of the present, no matter how small they may seem."
- ☐ "Accepting the limits of my control liberates me to experience true freedom, focusing my efforts where they matter most."
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Observing Emotions

1. Identification of Emotion

Write down any significant emotion you are currently experiencing or have experienced today.

2. Describe the Emotion

For each emotion, write a brief description of how it feels physically (e.g., tightness, heaviness, coldness, nausea, quickened heartbeat, trembling, knot in the stomach.)

3. Contextualize the Emotion

Note any triggers or events that may have led to or influenced the emotion.

1. Emotion: _____

Trigger/Event:

4. Non-Judgmental Observation

Allow yourself to sit with each emotion without trying to change it. Notice what happens when you don't push it away or cling to it. Use the following practice:

- Sit in a comfortable position. You may choose to close your eyes or keep them open with a soft gaze downward if you begin to feel overwhelmed and need to ground yourself.
- Begin by taking three deep breaths, inhaling slowly through the nose and exhaling through the mouth. Let your breathing return to its natural rhythm.
- Turn your attention inward and scan your body and mind for any emotions you are currently feeling. It could be anxiety, sadness, joy, irritation, or something else.
- Once you recognize an emotion, gently label it in your mind. For example, "This is anxiety" or "I notice sadness."
- Observe where in your body you feel the physical sensations associated with the emotion. It might manifest as tightness in your chest, butterflies in your stomach, heat in your face, etc. Simply notice these sensations without trying to alter them.
- Give permission for the emotion to exist. Remind yourself that emotions are natural and temporary experiences. Imagine making space around the emotion, letting it be there without resistance or judgment.
- After spending some time with the emotion, gently bring your focus back to the present moment. Become aware of the room, your body sitting on the chair or cushion, and any sounds or smells around you.

Mindfulness of Thoughts

Mindfulness encourages non-judgmental observation and acceptance of your thoughts and feelings without getting caught up or overly identified with them.

1. Identify Resisting Thoughts

List any thoughts you have had today that reflect resistance to reality. These might be thoughts that argue with what has already occurred or wish for things to be different than they are.

2. Allowing and Acceptance Practice

Now, actively work on allowing each thought to be present without pushing it away or clinging to it. Mentally give yourself permission to have these thoughts and acknowledge their impermanence. Use the following practice:

- Close your eyes and imagine you are sitting or standing beside a gently flowing stream with leaves floating along the surface of the water.
- Each leaf that passes by represents a thought, feeling, or sensation.
- Your task is not to change the flow of the stream or remove any of the leaves. Instead, simply observe them as they drift past.

- Now, as thoughts come into your mind, visualize placing each one on a leaf and watch as it floats away down the stream.
- Some leaves may get stuck or linger for a while, others may move quickly out of sight.
- If your thoughts trick you into wading into the water, simply notice that you have done so, step back onto the bank, and return to observing the leaves from a distance.

Challenging Belief

1. Identify the Challenging Situation

Briefly describe a situation you are struggling to accept. Be specific about what the situation is and why it's difficult for you.

Example: I recently applied for a job that I was very excited about and felt well-qualified for. After several interviews, I was not offered the position. This has been difficult for me to accept because I had invested a lot of time and energy into the application process and had started to envision what my future with this company would be like.

2. List Beliefs about the Situation

Write down the beliefs you hold about this situation. These could be beliefs about yourself, others, or the world that are triggered by the situation and contribute to your non-acceptance.

Example:

- I believe I am not good enough since I didn't get the job.*
- I think the selection process was unfair.*
- I feel like if I can't succeed in this, I won't succeed in anything else.*

3. Challenge Each Belief

For each belief listed, ask yourself:

- Is this belief factually true?
- Does this belief acknowledge the complexity of the situation?
- How does this belief affect my emotional response to the situation?
- What evidence supports or contradicts this belief?

Write down your responses to these questions to begin challenging the belief.

Example: No, not getting the job does not mean I'm not good enough; it might mean there was a better fit for the specific role. Evidence against it includes my qualifications, previous job successes, and positive feedback during interviews.

4. Reframe Beliefs to Facilitate Acceptance

Take each belief you have challenged and try to reframe it into a statement that facilitates acceptance. This new belief should reflect a more balanced and compassionate view of the situation.

Example: - Instead of believing I am not good enough, I can think, "The job wasn't the right fit for me at this time, but there are other opportunities out there that are suitable for my skills and experience."

5. Reflect on the Impact of Reframing

Reflect on how reframing these beliefs might change your feelings towards the situation and toward acceptance.

Coping with Difficult Situations

1. Anticipate Difficult Situations

List upcoming events or situations that you expect to be challenging.

2. Identify Emotional Responses

For each anticipated situation, note down the emotions that you predict you might feel.

3. Acknowledge Thoughts and Judgments

Write down any thoughts or judgments about the situations or your emotional responses that may arise.

4. Practice Radical Acceptance

Reflect on how you can apply the principle of radical acceptance to each situation and emotion. Write down statements that embody acceptance.

Example:

Situation: Loss of a Relationship

- Emotion: Grief

- Radical Acceptance: Acknowledge the pain and loss fully, without trying to push it away or deny it. Understand that relationships sometimes end, and this change is part of your life's journey. Allow yourself to grieve, recognizing that it's a process that takes time.

5. Develop Coping Strategies

Identify strategies that will help you cope effectively with each situation. Consider both emotional regulation techniques and problem-solving approaches. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ **Deep Breathing:** Use deep breathing techniques to calm the nervous system and reduce physiological symptoms of stress.
- ☐ **Journaling:** Write down your thoughts and emotions to process them more clearly and identify possible solutions.
- ☐ **Social Support:** Reach out to trusted friends, family, or support groups to talk about your situation and feelings.

- ☐ **Physical Activity:** Engage in exercise or physical activity to release tension and improve mood through the release of endorphins.
- ☐ **Creative Outlets:** Use creative activities like art, music, or writing to express emotions and reduce stress.
- ☐ **Humor:** Find ways to laugh and inject humor into your day, as it can reduce stress and improve your mood.
- ☐ **Distraction Techniques:** Temporarily distract yourself from distressing emotions with engaging activities like reading.

Letting Go of Control

Radical acceptance involves understanding that many aspects of life are outside of our control, and attempting to manage or change these uncontrollable elements often leads to unnecessary stress and emotional pain.

1. Identify Areas of Over-Control

Reflect on aspects of your life where you feel a strong need for control. Consider relationships, work, health, or any other domains where you might struggle to allow events to unfold naturally.

2. Examine the Impact of Control

For each area identified above, detail how your need for control affects your emotions, thoughts, behaviors, and overall well-being.

3. Acknowledge What You Can and Cannot Control

Distinguish between what is within your ability to change and what is not. Acknowledge that some outcomes are beyond your direct influence.

Situation	Within my control	Beyond my control
<i>e.g., an upcoming job interview</i>	- Research the company, prepare answers to common interview questions, and learn about the role I'm applying for. - Ensure that I'm dressed appropriately for the interview. - Plan to arrive early, allowing extra time for unforeseen delays.	- The interviewer's personal biases or perceptions. - The number or quality of other candidates applying for the same position.

Situation	Within my control	Beyond my control

4. Practice Letting Go

Think about how you might begin releasing control in these areas. This might involve delegating tasks, prioritizing self-care, or accepting uncertainty.

5. Develop Acceptance Statements

Create affirmations that help reinforce your willingness to let go of control. These should encourage trust in the process of life and acknowledge the limits of your power. The following are some suggestions. Check off the ones that may be helpful or add more to the list:

- ☐ I recognize what is within my control and release what is not.
- ☐ I am at peace with the unpredictability of life.
- ☐ I focus on my efforts and let go of my need for certainty.
- ☐ By surrendering control, I open myself to new possibilities.
- ☐ I am resilient and can adapt to whatever comes my way.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Willing Hands

The "Willing Hands" exercise is a technique derived from Dialectical Behavior Therapy (DBT).

1. Find a comfortable place to sit or stand.
2. Place your hands on your lap or by your sides with palms up and open if sitting. If standing, let your arms hang by your sides with palms facing forward. Ensure your posture reflects openness and willingness.
3. Notice the sensations in your hands and arms as you adopt this posture. Observe how your body feels more open and receptive.
4. Think about a specific situation you are having difficulty accepting. Clearly envisage the situation without trying to push it away or solve it.
5. As you think about this challenging situation, keep your hands in the willing position. Remind yourself that this position symbolizes your willingness to accept reality as it is.
6. Silently or aloud, say phrases that encourage acceptance such as, "It is what it is," "I can't change what has already happened," or "I accept things as they are right now."
7. If you feel resistance, acknowledge it without judgment. Use your breath to help release tension and resistance with every exhale.
8. With each inhale, gather tension; with each exhale, imagine sending away the struggle and resistance. Visualize the situation flowing away from you, or imagine being at peace with it remaining but not controlling you.

Radical Acceptance Visualization

1. Identify Challenging Scenarios

Reflect on recent or recurring situations where you experienced strong negative emotions due to not accepting what was happening. Write these down with as much detail as necessary.

2. Describe Your Resistance

For each scenario, describe how you resisted accepting the situation. Include thoughts, emotions, and physical sensations.

3. Visualize Acceptance

Create a vivid mental picture of yourself accepting each situation. Imagine letting go of the struggle, easing the tension in your body, and allowing yourself to accept things as they are.

The following is an example for dealing with fear of abandonment:

1. Choose a comfortable and quiet place where you won't be disturbed. Sit in a relaxed position, close your eyes, and take a few deep breaths to center yourself.
2. Relax your body. Inhale deeply, hold for a moment, and then exhale slowly. Imagine tension leaving your body with each breath out. Do this until you feel calm and grounded.
3. Picture yourself in a setting where you feel abandoned. This might be a physical place or a symbolic representation of loneliness. Allow yourself to feel the initial wave of emotions—sadness, fear, or anxiety.
4. Recognize these emotions without judgment. Say to yourself, "It's okay to feel this way; these are natural reactions, but they do not define me or my future."
5. Now, start transforming the scene. Imagine that while you may have been left alone, the environment around you begins to change into one of opportunity and possibility. You're standing in an open space with endless horizons—a symbol of your new life.
6. See yourself living your best life. Create detailed images of yourself engaging in activities that bring you joy and fulfillment. Picture yourself surrounded by friends, achieving personal goals, and experiencing contentment.
7. Feel the power of your independence. Visualize yourself managing situations with confidence, learning new skills, making decisions that lead to happiness, and enjoying your own company.
8. Remember past challenges you've overcome and visualize yourself tapping into that same resilience. Draw a connection between those experiences and your ability to thrive now.

9. Imagine building new, healthy relationships based on mutual respect and support. See yourself as part of a community that values you but doesn't define your self-worth.
10. Repeat affirmations that bolster your sense of autonomy and capability, such as "I am strong, I am capable, I am deserving of a happy and complete life on my terms."
11. Return to the Present: Gradually bring your awareness back to the present. Wiggle your fingers and toes, and when you're ready, open your eyes.

Body Scan for Acceptance

1. Prepare for the Body Scan

Find a quiet and comfortable space where you can lie down or sit comfortably without being disturbed. Start with deep, calming breaths to center your attention.

2. Scan Your Body

Gradually direct your focus to different parts of your body, usually starting from the toes and moving upwards towards the head. As you shift your attention from one part to the next, notice any sensations such as tension, warmth, tingling, or pain.

3. Practice Acceptance

As you notice sensations in each body part, practice accepting them without trying to change or judge them. If you encounter discomfort or difficult emotions, acknowledge them and the thoughts that may come with them, but gently steer your attention back to observing and accepting the sensations.

4. Reflect on the Experience

After completing the body scan, spend a few minutes reflecting on the experience. What did you notice about your ability to accept the sensations? How did it feel to simply observe rather than react?

Compassionate Friend Exercise

1. Identify Your Struggle

Write down a current struggle you are facing that requires acceptance. It could vary from a mistake you made, a challenging emotion, a life change, etc.

2. Imagine a Compassionate Friend

Visualize a friend who is kind, understanding, and supportive. Imagine their qualities and how they generally respond to others in need.

3. Write Down What They Might Say

Think about what this compassionate friend would say to you about the struggle you identified. Write a message from their perspective.

4. Reflect on How It Feels

Now, read the message out loud to yourself and reflect on how it feels to receive these words of compassion and understanding.

5. Apply Compassionate Thoughts

Now apply these compassionate thoughts to your situation. Write them down as if talking to yourself kindly and gently.

Interpersonal Effectiveness and Acceptance

1. Identify the Interpersonal Issue

Choose an interpersonal situation that you find challenging and would like to manage more effectively. Describe the situation and the other people involved.

2. Analyze Your Response

Reflect on how you typically respond to this type of situation. What thoughts, emotions, and behaviors do you notice?

- Thoughts: _____

- Emotions: _____

- Behaviors: _____

3. Pinpoint What You Can Control

List aspects of the situation you believe you have control over or influence upon. This may include your responses, decisions, or boundaries you can set.

4. Recognize What You Cannot Control

Acknowledge aspects of the situation that are outside of your control, such as the other person's behavior or feelings.

5. Apply Radical Acceptance to Areas Beyond Control

For each aspect listed above, write a statement of acceptance indicating your intention to stop fighting reality in this area.

- Statements of Acceptance:

6. Plan Interpersonal Effectiveness Strategies

Think about strategies you can employ that are within your control to improve the interaction. These might include communication techniques, assertiveness, or setting boundaries.

Self-Acceptance

1. Self-Exploration:

- Describe yourself, including both your strengths and perceived weaknesses.

- Note your first emotional reactions to thinking about your attributes; are there certain aspects of yourself you feel resistant to accept?

2. Identify Areas for Acceptance:

- List the aspects of yourself you struggle to accept. Are there common themes? (e.g., physical appearance, intelligence, emotions)

3. Reflect on Resistance:

- Explore why you resist accepting each aspect listed above. Consider the sources of these judgments (e.g., societal standards, past experiences, family expectations).

4. The Impact of Non-Acceptance:

- How does not accepting these parts of yourself affect your well-being?
How might it hinder your relationships, work, or personal growth?

5. Challenge Negative Beliefs:

- For each aspect you wrote previously, challenge the belief that you cannot or should not accept this part of yourself. Are these beliefs based on facts or opinions?

- What evidence suggests that these aspects of yourself are acceptable or even valuable?

6. Practice Self-Compassion:

- Write down compassionate statements for each aspect you are learning to accept. E.g., "Even though I am not perfect, I am worthy of love and respect."

7. Commit to Actions:

- Identify specific ways you can demonstrate acceptance toward the aspects of yourself you've struggled with. This could be through affirmations, setting goals, or changing negative self-talk.

The Underrated Power of Forgiveness

1. Reflection on Hurt:

- Write down a brief description of a situation where you have been hurt or wronged by someone else or where you've hurt yourself through self-criticism or negative self-talk.

2. Acknowledge Feelings:

- Identify and list your feelings associated with this hurt. This could include anger, sadness, betrayal, disappointment, etc.

3. Impact Evaluation:

- Reflect on how holding onto these feelings has impacted your life. Consider your well-being, relationships, work, and overall happiness.

4. Understanding Perspectives:

- Try to understand the perspective of the person who hurt you, if applicable. Alternatively, try to understand the circumstances that led to self-criticism. This isn't about justifying their actions or your negative self-beliefs but about understanding the context.

5. Learning and Growth:

- Think about what you have learned from the experience and how it has contributed to your personal growth.

6. Decision to Forgive:

- Make a conscious decision to forgive. Write a statement of your intention to forgive the person who has caused you pain or to forgive yourself.

7. Letter of Forgiveness (optional):

- Write a letter of forgiveness to the person or to yourself. You don't have to send or share this letter; it's a symbolic gesture for your healing process.

8. Releasing Ritual:

- Plan a small ritual or action to symbolize the act of letting go—this could be as simple as tearing up the paper with your written feelings or taking a walk to clear your mind.

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No diagnosis under this title · No diagnosis is established by the title.
- ICD-11 CDDR: · No diagnosis is established by the title.
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4, 5, 6, 8, 9, 10, 17, 18, 21, 22, 28, 29, 30, 34, 38, 39, 41, 42, 45, 47. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Assess duration, distress/functional impairment, cultural and medical context, substance/medication effects, and relevant differential diagnoses before assigning any diagnosis.

Document-specific corrections

- Pages [2, 4, 28] · Frame · Radical Acceptance · using the DSM/ICD status below; add duration, impairment, exclusions, and differentials without reproducing criteria. The title alone must never be treated as a diagnosis.
- Pages [1, 2, 3, 4] · Treat the Radical Acceptance ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly.
- Pages [1, 2, 3, 5, 6, 17, 18, 21, 22, 28, 29, 34, 41, 42, 45] · Use only within competence and after individualized assessment of acute risk, medical/substance contributors, functional impairment, culture, accessibility, and readiness; stop or adapt exercises that increase destabilization or unsafe behavior. Apply this specifically to the workbook's Self-Assessment, Identifying Myths That Hinder Acceptance, Pain vs. Suffering, Willingness vs. Willfulness sections.
- Pages [1, 3, 6, 8, 9, 10, 18, 28, 29, 30, 34, 38, 39, 47] · Review all medical assertions in Radical Acceptance with a qualified medical professional; distinguish psychoeducation from individualized advice and add referral thresholds, contraindications, and medication/procedure cautions appropriate to this population.

Measures, scoring, and permissions

- Treat the Radical Acceptance ratings/checklists as author-created reflection tools only. Remove unsupported severity bands, cutoffs, totals, or language suggesting diagnostic validity; label response anchors and recall period explicitly. custom/unvalidated unless evidence is supplied confirm no third-party item wording was adapted

Intervention scope and contraindications

- Use only within competence and after individualized assessment of acute risk, medical/substance contributors, functional impairment, culture, accessibility, and readiness; stop or adapt exercises that increase destabilization or unsafe behavior.

Crisis and current resources

- For immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org. Outside the U.S., use verified local emergency and crisis services. A workbook is not a crisis service or safety plan.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://988lifeline.org/>