

Radical Acceptance Worksheet

Date: _____ dd / mm / yyyy Patient name: _____

Age: _____ Gender: _____

Sex: _____

Relevant medical information (if needed)

Instructions: Use this worksheet to reflect on and learn how to accept the reality of a past and current distressing event. Answer the following questions to help you see the troubling situation in a new light.

PAST DISTRESSING SITUATION

Describe a distressing situation you experienced in the past. What happened?

What were the past events that may have led up to this situation?

What was your involvement or role in the situation?

How were the others involved in the situation's development? What roles did they play?

What could you have changed in that situation? What things did you have control over in that situation?

What couldn't you have changed? What did you lack control over during that situation?

How did you react or respond to the situation?

How did your response make you and others feel?

What are the thoughts or beliefs you had about your response?

If you had practiced radical acceptance, how would the outcome be different?

PRESENT DISTRESSING SITUATION

Describe the current distressing situation. What is happening? What are your thoughts and feelings on it?

What are the action steps you can take to accept the situation?

After practicing radical acceptance, are there any shifts in your thoughts and feelings? If yes, describe them.

ADDITIONAL NOTES

Specify below