

Radical Acceptance

—what it is and how it works

Denying or refusing to acknowledge our emotions can make them more intense. Radical acceptance is about increasing tolerance for distress.

Denial Can Sound Like

- This isn't happening
- It shouldn't be like this
- Why me? Why now?
- This isn't fair

Radical Acceptance MEANS

Acknowledging the reality of the situation and accepting what is happening

Acceptance is NOT the same as Approval

Acceptance does NOT mean

- Approving or agreeing with something
- Allowing, excusing, or absolving someone of their actions
- Giving up or continuing to suffer

Example: Receiving a rejection

Radical Acceptance means acknowledging the rejection and turning our attention to coping with negative thoughts and feelings

Instead of expending energy fighting the rejection

- This is so unfair
- They didn't get the point of my story
- They're stupid

We can try coping statements

- I received a rejection. I don't agree with it
- I don't understand where things went wrong but this is what the message says
- I'm wasting time by fighting what's happened
- The only thing I can control is what I do in the present moment
- I can't change what occurred