

DBT Skills: Radical Acceptance

Radical Acceptance means accepting reality, no matter what reality is.

- Trying to change things that you have no control over leads to suffering. You waste your time and energy when you try to change things that cannot be changed.
- Radical Acceptance means accepting what you cannot change, so you can spend your time and energy on things that you can change.
- Acceptance means understanding reality. Acceptance is not giving up, agreeing with the way things are, approving of, liking the situation, weakness or failure.

What I CANNOT Change

- The past
- Other people
- Rules and laws
- Death, divorce or loss
- Who my family is

- _____
- _____
- _____

What I CAN Change

- My skill use
- How long I focus on things
- Who I spend my time with
- My own decisions
- My attitude

- _____
- _____
- _____

Radical Acceptance does not mean that you have failed or that you have to put up with a hurtful situation. Radical Acceptance instead is about using your time and energy in a way that helps you move forward.