

Radical Acceptance

Radical acceptance involves fully embracing things as they are, without resistance. Rather than wishing for a different reality or dwelling on how things “should” be, it means accepting completely, in your mind, heart, and body. This practice allows you to stop battling against reality and release any bitterness.

“Radical Acceptance rests on letting go of the illusion of control and a willingness to notice and accept things as they are right now, without judging.” — Marsha M. Linehan



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What Needs to Be Accepted?

The facts of reality as they stand, including the past and the present. Everyone faces obstacles; focus on what you can control. Everything has a cause, even in situations that bring pain. Life remains worth living, even amid painful moments.

Why Accept Reality?

To transform our reality, we must first accept it as it is. Pain is unavoidable, but suffering can be minimised by accepting the pain.

Remember: Pain + Non-Acceptance = Suffering.

Denying reality can trap you in unhappiness, bitterness, anger, sadness, shame, or other distressing emotions.

Acceptance might initially bring sadness, but it often leads to peace.

Remember That Radical Acceptance Is Not:

Approval, compassion, love, passivity, or resistance to change.

Radically accepting painful realities or past events can be challenging. It's normal to experience intense sadness, anger toward those who caused the pain, rage at the world's injustices, overwhelming shame about yourself, or guilt over your actions.

Strive to accept the pain without clinging to it or pushing it away. Acceptance doesn't mean approving of the pain, the events, or the behaviours causing it. Incorporate other distress tolerance techniques, such as riding the emotion like a wave, mindful breathing, TIPP, STOP, ACCEPTS, or IMPROVE.