

DBT Radical Acceptance

Practice acknowledging reality as it is so you can choose the next effective action

WHAT RADICAL ACCEPTANCE MEANS

Acknowledging the facts of the present moment and the limits of what has already happened. Acceptance is an active stance toward reality, not approval.

WHAT IT DOES NOT MEAN

It does not mean liking, condoning, forgiving, giving up, agreeing, or staying in an unsafe or harmful situation.

DBT Radical Acceptance — Practice

Use one real situation. Write brief, concrete observations rather than perfect answers.

1. Facts to accept

What facts are true right now, even if you dislike them? Avoid predictions and interpretations.

2. What your mind is fighting

What “should,” “shouldn’t,” “if only,” or refusal thoughts are showing up?

3. Willingness statement

Write a realistic acceptance statement, e.g., “I do not like this, and this is what is happening right now.”

4. Body practice

How can you soften your posture, unclench, breathe, or use an open-handed stance while repeating the facts?

5. Effective next action

Given reality as it is, what action protects your safety, values, boundaries, health, or relationships?

Evidence & safety note

Based on DBT skills training as described by Marsha M. Linehan and Behavioral Tech. A worksheet supports practice but is not comprehensive DBT. If the exercise increases distress, pause and seek appropriate support. In immediate danger or crisis, use local emergency or crisis services.