

Radical Acceptance

Accepting what is true is not approving of it. It frees up energy for what you can change.

WHAT I KEEP FIGHTING

Describe what happened or what is true right now, in plain facts.

HOW I FIGHT IT

- | | |
|--|--|
| ☐ Thinking "this should not be happening" | ☐ Replaying it over and over |
| ☐ Blaming myself or someone else | ☐ Acting as if it is not true |
| ☐ Staying stuck in anger or bitterness | ☐ Avoiding anything that reminds me |
| ☐ Something else: _____ | |

WHAT FIGHTING IT IS COSTING ME

WHAT I CANNOT CHANGE

WHAT I CAN CHANGE OR INFLUENCE

WHAT I CAN TELL MYSELF

- | | |
|---|--|
| ☐ This is what happened. I cannot change the past. | ☐ I do not have to like it to accept it. |
| ☐ Fighting this is keeping me stuck. | ☐ I can be sad about this and still move forward. |
| ☐ I can accept this one moment at a time. | ☐ My own words: _____ |

ONE THING I WILL DO NOW

How much I accept it, before

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5	6	7	8	9	10

After

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5	6	7	8	9	10

STOP and TIPP

Two skills for the hardest moments: STOP before you act on an urge, TIPP when emotion is too intense to think.

S Stop. Pause. Do not act on the urge yet. Give yourself a moment before you do anything.

O Observe. Look around: what is actually happening, in plain facts? Then look inward and name the feeling, the thought and the urge.

T Take a step back. Put some space between you and the situation: leave the room, look away, or lean back. Let one slow breath out.

P Proceed mindfully. Decide what you want to come out of this. Choose the action that moves you toward it, even if it is not the one the urge wants.

A TIME I USED STOP

The urge _____ How strong (0 to 10) _____

What I noticed _____

What I chose to do _____

How it went _____ Urge after _____

T Temperature. Cool your face fast. Splash it with very cold water, or lean forward and press a cold pack wrapped in a cloth against your face for about half a minute. Cold on the face can slow the heart rate.

P Paced breathing. Breathe low and slow, letting each breath out last longer than the breath in: for example, four seconds in and six seconds out.

I Intense exercise. Burn off the energy the emotion has built up. Move hard for a few minutes: run in place, jumping jacks, fast stairs. Even one hard minute can take the edge off.

P Paired muscle relaxation. Pair tension with the breath in and release with the breath out: tighten one set of muscles as you inhale, then let them go loose as you exhale. Move through your body one area at a time.

Safety: Check with a doctor first if you have a heart condition, a slow heart rate, an eating disorder, or take heart medicine. Never put ice straight on the skin.

A TIME I USED TIPP

Emotion before (0 to 10) _____ I tried: ☐ T ☐ I ☐ P ☐ P After _____

What helped most _____

If you are thinking about hurting yourself or ending your life, call or text 988 to reach the Suicide and Crisis Lifeline, any time. If you are in immediate danger, call 911.

Check the Facts

Does the emotion, and how strong it is, fit what really happened?

THE EMOTION

☐ Anger

☐ Fear

☐ Sadness

☐ Shame

☐ Guilt

☐ Jealousy

☐ Disgust

☐ Other: _____

How strong, from 0 to 100 _____

WHAT HAPPENED? JUST THE FACTS

What would a video camera have recorded? Leave out judgments, guesses and words like "always" or "never."

WHAT I AM ASSUMING OR READING INTO IT

The meaning I gave it, or what I think it says about me or them.

OTHER WAYS TO SEE IT

Write at least two other explanations that fit the facts.

AM I EXPECTING SOMETHING BAD TO HAPPEN?

What exactly, and how likely is it, really?

DOES IT FIT THE FACTS?

☐ Yes. The emotion makes sense. What problem does it point to, and what is one step toward solving it?

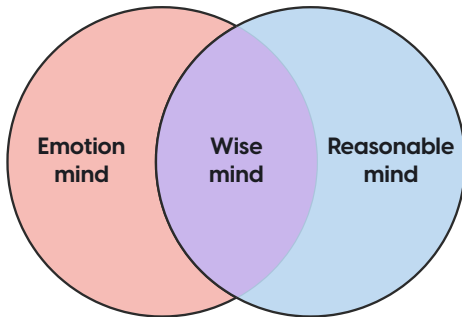
☐ Partly. It is stronger than the facts call for. Act the way the facts call for, and check in again.

☐ No. It follows my story more than the facts. Go back to the facts and act on those.

My next step _____

How strong the emotion is now, from 0 to 100 _____

Wise Mind



A decision or situation I am facing _____

Emotion mind says...

Reasonable mind says...

Wise mind says...

How I can tell it is wise mind _____

Pros and Cons

The urge or decision _____

PROS

CONS

Acting on the
urge

Not acting on
it

Put an L next to anything that matters in the long term. Those usually decide it.

What I decide _____