

DISTRESS TOLERANCE

RADICAL ACCEPTANCE

Basic Principles of Accepting Reality

- **Life can be tough:** The sooner you understand that life is not always fair or easy, the better you will be able to accept things that are out of your control.
- **Some things cannot be changed:** Try to agree or at least admit that there are some things we cannot change. This can help you focus on the things that can change.
- **It is what it is...** The idea that you can accept certain unchangeable things and balance those things with what you can change will help you get through the moment.
- **You may not always agree or like it:** Of course we like to have things work out the way we want them too. That is human nature. That is not always possible. Agree to disagree.