

DISTRESS TOLERANCE SKILLS

RADICAL ACCEPTANCE

Sometimes you'll run into a problem that's simply out of your control. It can be easy to think "This isn't fair" or "I shouldn't have this problem", even though those ways of thinking only make the pain worse.

Radical acceptance refers to a healthier way of thinking during these situations. Instead of focusing on how you would like something to be different, you will recognize and accept the problem or situation as it is. Remember, accepting is not the same as liking or condoning something.

Learning to accept the problems that are out of your control will lead to less anxiety, anger, and sadness when dealing with them.

SITUATION

TYPICAL THINKING

RADICAL ACCEPTANCE

SELF-SOOTHE WITH SENSES

Find a pleasurable way to engage each of your five senses. Doing so will help to soothe your negative emotions.

Vision

Hearing

Touch

Taste

Smell