

Reality Acceptance Worksheet

Realities that I am refusing to accept:

1. _____
2. _____
3. _____
4. _____
5. _____

Behaviors that I do when I am refusing to accept a reality (may look like a tantrum, giving up, manipulating, arguing, etc).

1. _____
2. _____
3. _____
4. _____
5. _____

How I experience SUFFERING when I refuse to accept reality:

1. _____
2. _____
3. _____
4. _____
5. _____