



BABISKIYAANG: LOOKING BACK TO LOOK FORWARD

LEARNING TO RADICALLY ACCEPT MY STORY

Radical acceptance is a distress tolerance skill that helps reduce emotional suffering in moments when we cannot change the circumstances life presents. Radical Acceptance is not approval of- or agreement with- a situation. It is whole-heartedly acknowledging reality as it is in the present moment with our mind, body, and spirit. It is accepting that we cannot change the past or present circumstances, even if we don't like, agree with, or approve of them. We must be willing to accept what is to make space for change to thrive.

INSTRUCTIONS

1. Write the story of your life and a current circumstance you are having trouble radically accepting
2. Review your story and try and make notes of where you may be denying reality with your mind, body, and/or spirit (ex. This happened to me and it is what it is at this moment in my life; I cannot change what happened, and I am able to change what happens next in my life)

WHAT'S YOUR STORY?	WHAT ARE THE WAYS I AM DENYING REALITY? HOW CAN I START TO ACCEPT REALITY?



WHAT'S YOUR STORY? (CONT)	WHAT ARE THE WAYS I AM DENYING REALITY? HOW CAN I START TO ACCEPT REALITY?
THINGS I WILL WORK TOWARDS ACCEPTING WHEN I'M READY	