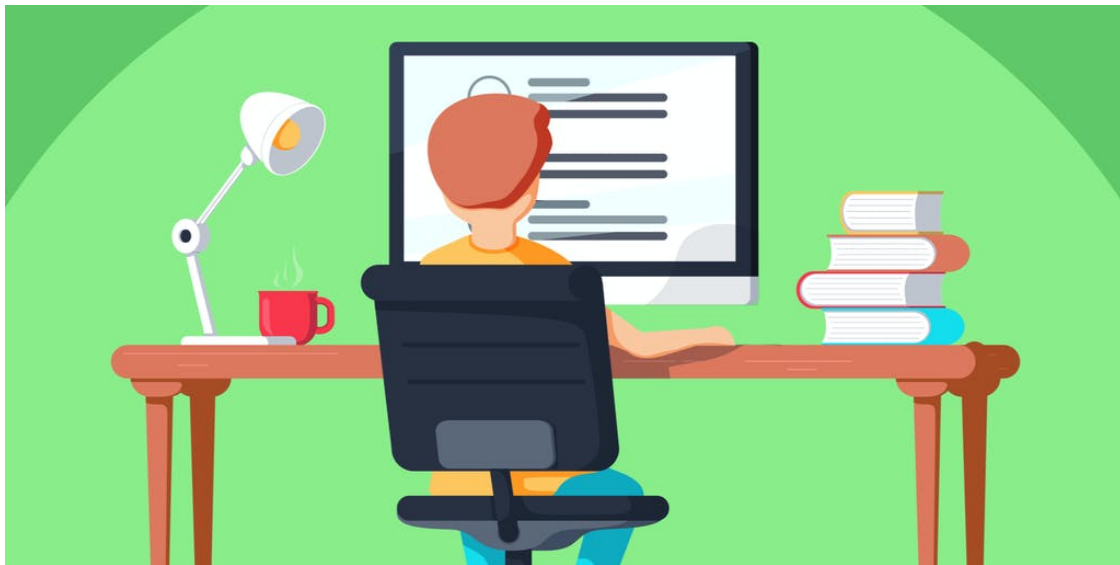




WEEKLY NEWSLETTER



Radical Acceptance

by Kristin York

Radical acceptance is defined as accepting things that are outside of our control without judging them, which reduces the pain that is caused by those things. Lack of judgement does not involve approving the situation. It involves accepting reality for what it is and not staying stuck in the emotional reaction of that reality.

Carl Rogers, a renowned psychologist, states that "acceptance is the first step to change". Radical acceptance is not easy and takes practice to master.

Radical acceptance is typically used in situations when an individual can't change or fix what is happening, or when someone dies, or when someone loses their job. Radical acceptance does not mean that an individual agrees with what is happening or what has happened, it offers hope because reality is being accepted and is not being fought against.

Radical acceptance involves moving away from emotional reactions and increases the possibility of being calm and having logical thought. *An individual may not be able to change the current situation but they are able to choose how it is viewed.*

If thoughts such as these below come up, this would be a good time to practice radical acceptance:

- I can't deal with this.
- This is not fair.
- Things shouldn't be like this.
- I can't believe this is happening.
- It's not right
- Things should be different.
- This is terrible I'll never get over it.

Please find some ways below to practice radical acceptance:

- When you are in a situation that causes extreme emotions try focusing on breathing deep and examining the thoughts that are taking place and let them pass.
- Remind yourself that reality can't be changed.
- Practice a feeling of acceptance through relaxation strategies and self-talk.
- Be aware of how you are feeling in your body.
- Accept life can be worth living while even when experiencing pain.
- Identify the events in your life that you are having difficulty accepting.
- Think about the causes of the events that you can't accept.
- Create coping statements to help you through difficult times.

There are situations where it is not wise to use radical acceptance:

- If you are in an abusive relationship.
- If there is something dangerous about your work.
- If you are being harassed at work.
- If you are being taken advantage of at work or not paid a fair wage.

Radical acceptance is not a passive act. It is a conscious decision to view things differently.

Instead of resisting what is happening, radical acceptance involves intentionally being radical in your view of what you can accept. Remember, radical acceptance is a skill that has to be learned and practiced. My hope is this will give you a little window to peek into to help ease your journey.

Cuncic, A., What Is Radical Acceptance? What Is Radical Acceptance?
(verywellmind.com)

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety and Depression Group (16-18)
- Intensive Outpatient Program
- Teen Social Club

- Intensive Outpatient Group
- Parenting Teens Support Group
- LGBTQ

Krippa Family Psychological & Wellness Services

SOCIAL SKILLS GROUP

\$50 per meeting
Alyssa Decker, Graduate Intern

? Individuals who are 8-12 years old

📅 Saturdays from 2-3pm, March 19-June 4

📍 539 Keisler Dr., Suite 102, Cary, NC

- Has the pandemic and virtual learning interrupted your child's ability to communicate their needs, wants and feelings?
- Does your child struggle with making and keeping friends?

What our group will focus on:

1. Listening actively
2. Reading and interpreting body language
3. Finding common interests
4. Practicing two-way conversations
5. Expressing boundaries
6. Recognizing feelings and communicating them
7. Using social media safely and appropriately

Contact Alyssa via email at alyssa@ncpsychologist.com or by phone at 919-893-9444 (ext. 522)

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

LGBTQ+ GROUP

LGBTQ+ teens are more likely to experience bullying and mental health challenges. Our education & processing group provides them with support, acceptance and a safe space to work through their unique life challenges.

Thursdays 3:30 - 4:30
457 Keisler Drive, Suite 202

Contact Audrey:
(919) 893-9444 x.532
audrey@ncpsychologist.com

DEPRESSION & ANXIETY GROUP (16-18)

IN PERSON
THURSDAY FROM 6-7:00 PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Website

Krippa Family Psychological & Wellness Services

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