



Radical Acceptance Reflection Journal

These guided prompts are here to support you in gently exploring and practicing Radical Acceptance. There is no right or wrong way to respond—just space to notice, reflect, and meet yourself with compassion.

1. What is something I wish were different right now?

Take a moment to name it honestly. Try not to judge yourself—just notice the longing or resistance that’s there.

E.g. “I wish...” or “I keep finding myself thinking this shouldn’t be happening...”

2. How is holding on to the belief that this “shouldn’t be happening” affecting me?

Explore how it shows up in your body, thoughts, or behaviours. Is it adding to your stress or helping you cope?

E.g. “When I resist this reality, I notice I feel...”

3. What parts of this situation are outside of my control?

Write them down without trying to fix or solve them—just acknowledge them as facts.

E.g. “I cannot control...”

4. What parts of this situation **are** within my control?

Identify actions, thoughts, or responses that you can choose—especially those that align with your values.

E.g. “I can choose to...”

5. What would it look like to gently accept this reality today, even just a little?

Describe how you might talk to yourself or your teen differently if you approached the moment with radical acceptance.

E.g. “If I accepted this moment as it is, I might...”

6. What message of compassion would I offer myself right now?

Practice speaking to yourself the way you’d speak to a friend in your shoes.

E.g. “This is hard, and I’m doing my best. It’s okay to feel...”

Gentle Reminder:Radical acceptance is a process, not a one-time decision. You might return to it again and again, moment by moment. Each time you choose acceptance over resistance, you create more space for peace, presence, and healing—for both you and your teen.

