



The Healing Collective

RADICAL ACCEPTANCE



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Radical Acceptance is a complete acknowledgment of reality as it is in that precise moment. It means accepting that all of these painful situations or aspects happened or are currently happening. It means deciding to accept the facts of reality.

WAYS TO PRACTICE RADICAL ACCEPTANCE:

1. Notice that you may be fighting reality

The first step towards radical acceptance is awareness that you are resisting reality. Sometimes this is obvious, but other times it's subtler.

Clues that you might be fighting reality:

1. Feeling bitter or resentful
2. Thinking your life shouldn't be this way
3. Regularly unhappy or frustrated with life
4. Thinking that if X just changed, you would be happy
5. Trying to force other people to change their behaviors



2. Turn your mind toward acceptance

a. Once you have recognized that you are resisting some truth in your life, the next step is to turn your mind toward acceptance.

b. Turning the mind' is a skill that supports radical acceptance by helping you turn away from resisting reality and turn towards acceptance.

c. You don't have to go from resistance to acceptance – often that's too big a leap. But you can make an internal commitment to stop fighting what is.

d. Turning the mind is about choosing to radically accept, which is often the precursor to acceptance. It is becoming willing to accept.



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3. Use your body to help

a. When you are fighting reality, your body may be tense. It's not uncommon to tense the muscles of the shoulders, face or stomach when you're resisting something. Tight muscles work against relaxing into acceptance.

Some skills to help your body relax and open are:

a. *Willing Hands.*

While sitting, relax all the muscles in your arms and then turn your palms facing upwards, resting them on your lap. Notice if that shifts anything in your body.

b. *Half-smile.*

Making sure your face muscles are relaxed, turn the corner of your mouth up slightly. Notice how that feels and if that moves you towards acceptance.

c. *EFT (Emotional Freedom Tapping/Technique)*

EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy.



4. Act as if.....

Even if you're not able to radically accept, try acting as if. If you did radically accept, what would you do differently? How might you feel?