



Distress Tolerance Skills



Radical Acceptance

This skill is about identifying what you have control over, what you don't have control over, and knowing the difference between these two. There are many things in life that are out of your control, including people and the environment. What you do have control over is yourself. You can control your thinking, feelings, impulses, and behaviors.

"Radical Acceptance" is about being skillful by letting go of things you can't control in order to focus your energy on what you can control: Yourself.

"Radical Acceptance" is empowering and life enhancing. It is not approval or resignation. It doesn't mean that you have to like what is happening. It is accepting that reality is what it is. Then you can focus on being who you need to be and acting how you need to act to be as effective as possible.

Strategies I will use to let go of things I can't control:

Strategies to stay in control of my thinking, feeling, impulses, and behavior:

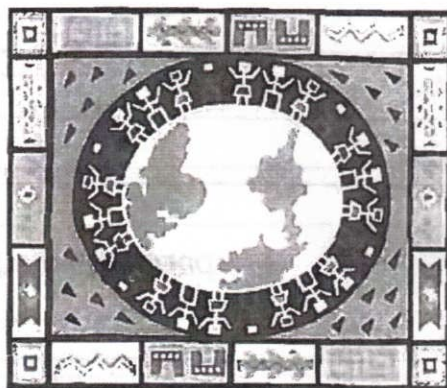
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Barriers and obstacles to using "Radical Acceptance" effectively:

Strategies to overcome the barriers and obstacles:

Ways I will use "Radical Acceptance" effectively on a regular basis:



D.B.T. in Life™