



Radical Acceptance therapy (DBT) worksheet

Write the painful distress causing event below

What bothers you about it? If there are multiple things that bother you, list them all one by one.

How much about this situation can you tamper? What is in your control?

What part of this situation you can not control?

Now use your imaginative skills, visualize yourself in a position where you have finally accepted the things that you can not control.

How are you behaving now? How are others in your life behaving in this scenario?

Sit with the image where you are completely accepting what has happened, acknowledge it, allow yourself to feel these feelings and understand it is alright.

NOW

Identify those feelings and emotions now.

Write the pros of accepting this reality in the way you visualized above.

write the cons for accepting the reality.

Below, write both the pros and cons if you not accept this event as an uncontrollable reality of your life?



References

[Dimeff, L., & Linehan, M.M. \(2001\). Dialectical behavior therapy in a nutshell. The California Psychologist, 34, 10-13](#)

[Lynch, T.R., Chapman, A.L., Rosenthal, M.Z., Kuo, J.R. and Linehan, M.M. \(2006\). Mechanisms of change in dialectical behavior therapy: Theoretical and empirical observations. J. Clin. Psychol., 62: 459-480. <https://doi.org/10.1002/jclp.20243>](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.