Reality Acceptance Skills

Due Date:	Name:		Week Starting:	
Check off two reali	ty acceptance ski	ills to practice this week duri	ing a stressful situation:	
☐ Radical acceptance		☐ Half-smi	☐ Half-smiling	
Turning the mind		Willing h	Willing hands	
☐ Willingness		Mindfuln	Mindfulness of current thoughts	
Skill 1 Describe t	he cituation and	how you practiced the sk	dill.	
Skill I. Describe t	ne situation and	Thow you practiced the sk	AIII.	
		elping you cope with the situal worse)? Circle a number be	ation (keeping you from doing elow.	
I still couldn't sta		I was able to cope somewhat,	I could use skills,	
the situation, ev for one more min		at least for a little while. It helped somewhat.	tolerated distress, and resisted problem urges.	
1	2	3	4 5	
Did this skill he kind? Circle YE		uncomfortable emotions or	urges, or avoid conflict of any	
Describe how	the skill helped	or did not help:		
	•	•		
Skill 2. Describe t	he situation and	I how you practiced the sk	kill:	
		, ,		
		elping you cope with the situal worse)? Circle a number be	ation (keeping you from doing elow.	
l still couldn't sta		I was able to cope somewhat,	l could use skills,	
the situation, ev for one more min		at least for a little while. It helped somewhat.	tolerated distress, and resisted problem urges.	
1	2	3	4 5	
Did this skill he kind? Circle YE		uncomfortable emotions or	urges, <i>or</i> avoid conflict of any	
Describe how	the skill helped	or did not help:		

From *DBT Skills Training Handouts and Worksheets, Second Edition* by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this worksheet is granted to purchasers of this book for personal use only (see copyright page for details). Purchasers may download a larger version of this worksheet from *www.guilford.com/dbt-worksheets*.