

**DISTRESS TOLERANCE WORKSHEET 8A**

(Distress Tolerance Handouts 10–15a)

**Reality Acceptance Skills**

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Practice each reality acceptance skill twice, and describe your experience as follows:

	What was going on that you had trouble accepting (if anything)?	How long did you practice accepting?	Rate before/after skill use			Conclusions or questions about this skills practice
			Acceptance (0 = none at all; 5 = I am at peace with this)	Negative emotion intensity (0–100)	Positive emotion intensity (0–100)	
When did you practice this skill, and what did you do to practice?						
Radical acceptance:			/	/	/	
Turning the mind:			/	/	/	
Willingness:			/	/	/	
Half-smiling:			/	/	/	
Willing hands:			/	/	/	
Mindfulness of current thoughts:			/	/	/	
			/	/	/	

Adapted from an unpublished worksheet by Seth Axelrod, with his permission.

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