DISTRESS TOLERANCE WORKSHEET 8B (Distress Tolerance Handouts 10–15a)

Reality Acceptance Skills

Due Date:		Name:	Week Starting:		
(0-5) i	•	wn experience	cribe the skill you used do of acceptance of yoursel	•	
	lo acceptance; I am in complete denial and/or rebellion 1	2	I was able to accept somewhat or for a little while.	4	Complete acceptance; I am at peace with this. 5
Day:	RADICAL AC	CEPTANCE (describe what and how of	ften you practic	ced)
	_/				_ Effectiveness:
	_/				_ Effectiveness:
	_/				_ Effectiveness:
Day:	TURNING TH	E MIND (desc	cribe the cross-road you w	vere at, and wh	at you chose)
	_/				_ Effectiveness:
	/				_ Effectiveness:
	/				_ Effectiveness:
Day:	WILLINGNES you practiced)	•	ne situation, what you wer	e willful about,	and how
	_/				_ Effectiveness:
	_/				_ Effectiveness:
	_/				_ Effectiveness:
Day:	HALF-SMILIN	IG (describe the	he situation and how you	practiced)	
	/		·		_ Effectiveness:
	/				_ Effectiveness:
	/				_ Effectiveness:
Day:	WILLING HAI	NDS (describe	the situation and how yo	u practiced)	
		•			_ Effectiveness:
	/				Effectiveness:
	_/				_ Effectiveness:
Day:	MINDFULNESS OF CURRENT THOUGHTS (describe what thoughts were going through your mind and <i>how</i> you observed your thoughts)				
	./				_ Effectiveness:
					_ Effectiveness:
	/				Effectiveness:

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