

# DISTRESS TOLERANCE WORKSHEET 9A

(Distress Tolerance Handouts 11–11b)

## Practicing Radical Acceptance

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

Practice each skill twice, and describe and rate your experience below.

	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?			/	/	/	
Considered causes of the reality:			/	/	/	
Practiced with my whole self:			/	/	/	
Practiced opposite action:			/	/	/	
Practiced coping ahead:			/	/	/	
Attended to body sensations:			/	/	/	
Allowed disappointment/grieving:			/	/	/	
Acknowledged life as worth living:			/	/	/	
<b>Did pros and cons:</b>			/	/	/	
			/	/	/	

Adapted from an unpublished worksheet by Seth Axelrod, with his permission.

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