

DISTRESS TOLERANCE WORKSHEET 9A

(Distress Tolerance Handouts 11, 11a, 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)	Emotion		
			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:			/	/	/	
Did pros and cons:			/	/	/	
			/	/	/	

Adapted from an unpublished worksheet by Seth Axelrod, with his permission.

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