



Acceptance Handout

Acceptance, what does it mean?

Acceptance means that we understand that we can't change "the thing" and are willing to move on. Acceptance does not mean that we approve of what has happened.

It can be hard to accept something that is upsetting. Focusing your attention and mind on something that you value or something that is important to you can help you accept challenging experiences in reality. Focusing on something we value can help us accept situations by turning our attention to something important to us that we can commit to (Pratt, 2019). For example, a child has a hard time accepting their homework, and it is starting to affect their grades. They value time with friends and need to accept the reality of homework, and that homework needs to be completed to spend more time with friends, learn more in school, and grow. They decided that they were willing to commit to their value of spending time with friends and that they would practice committing to their values and accepting the reality of homework by making a plan. They planned to complete their homework before spending time with friends so that when they are with their friends, they can focus on their time together and not think about homework. Creating and implementing a plan to accept the reality of homework by focusing on their values helped them to feel better about school and their grades and to spend quality time with friends.

What are some things we might need to accept?

Reality- life as it is (even if we don't like it). Rejecting reality doesn't change the past or present. Realistic expectations of the future (we all have some unrealistic expectations sometimes that we need to acknowledge and realistic limitations) (Linehan, 2015).

What is radical acceptance?

Radical- all the way, totally, in your mind, body, and heart

When you stop trying to fight or deny reality and let go of resentment or anger (Linehan, 2015).

The 3 C's of acceptance and coping:

I didn't **C**ause it, I can't **C**ontrol it, but I can **C**ope with it.

Reminding ourselves of the "3 C's" can be helpful for remembering that we are able to manage our emotions and actions and can control how we cope with situations, even if we can not control the situation.



Pause and Reflect:

What might you need to accept?

Example: homework, chores, schedule changes, bad weather, not getting something we wanted or were looking forward to, the loss of a loved one, etc.

What are some of your values?

Examples: friends, family, faith, independence, kindness, community, sharing, honesty, bravery, boldness, self-compassion, strength, silence, simplicity, challenges, adaptability or flexibility, communication, etc.

What values are you comfortable committing to?

Think about a value that you are committed to practicing. Practice engaging with this value to help accept challenging situations. For example, if you value honesty and have a hard time accepting chores, you might try writing down how you feel after completing your chores and any honest thoughts you had during or after your chores. If you value your family and are having a hard time accepting not being able to go to a movie with your friends due to unexpected car trouble, you might watch a movie with your family and still have a good time, even if it was not what you were originally looking forward to (we did not cause the car trouble, we can't control it, but we can cope with it!). If you value community and are struggling with the loss of a loved one, you might commit to engaging in more community events or a support group in your community for those that have lost a loved one.

My acceptance commitment this week

What I need to practice accepting this week:

What I value:

My plan for practicing acceptance this week is to:



References

Linehan, M. (2015). *Dbt skills training handouts and worksheets* (2nd ed.). The Guilford Press.

Pratt, D. M. (2019). *Cbt toolbox for depressed, Anxious & Suicidal Children and adolescents: Over 220 worksheets and therapist tips to manage moods, build positive coping skills & develop resiliency*. PESI Publishing & Media.