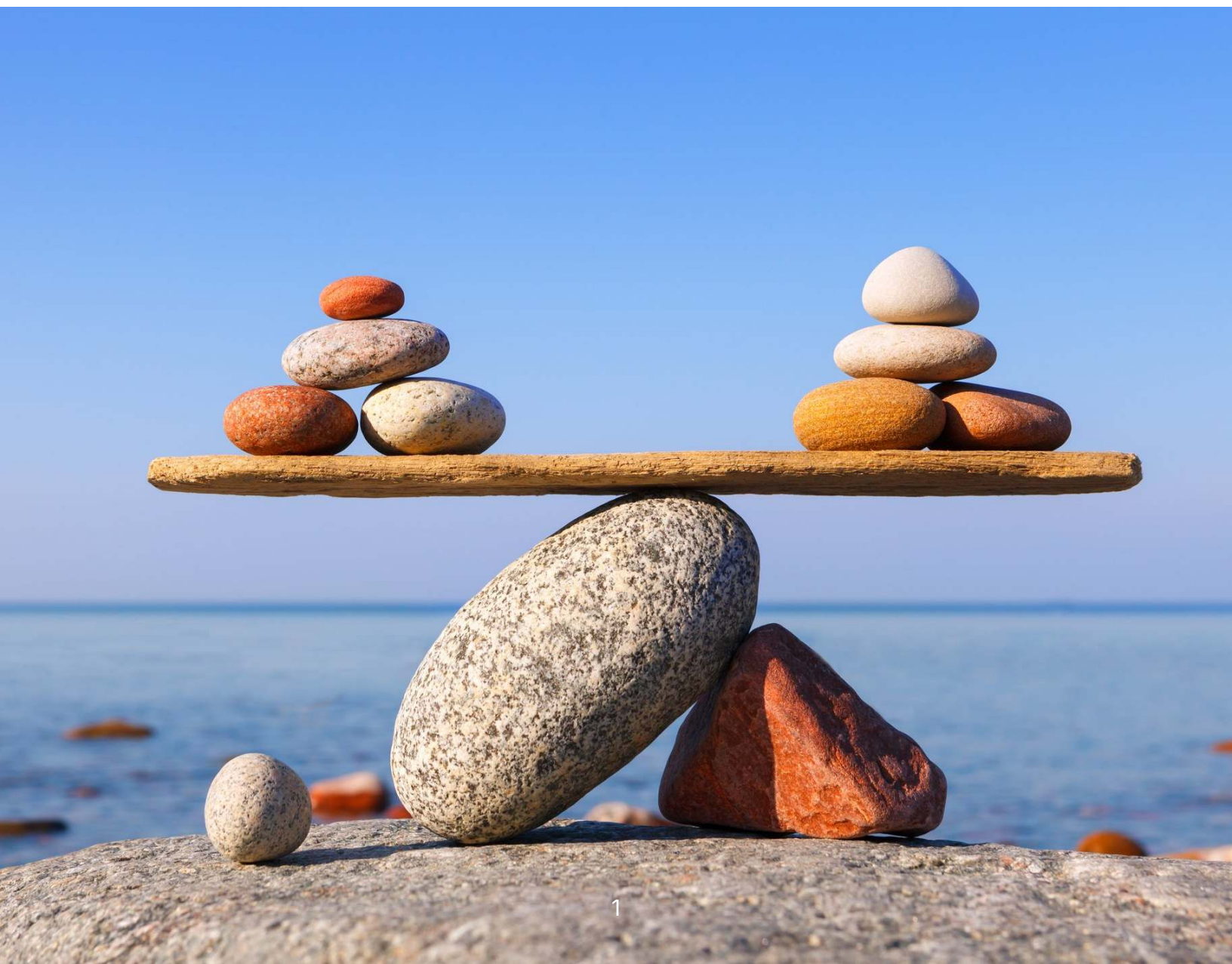


Embrace Your Emotions: A Radical Acceptance Worksheet for Dealing with Negativity

Tool Kit for Overcoming Difficult Emotions and Moving Forward with Resilience



Worksheet

The purpose of this worksheet is to help you deal with intense negative emotions and experiences. You can use this worksheet to identify, consider and understand a situation or emotion you are struggling to accept.

The goal is to help you acknowledge that you cannot control every aspect of what you experience. Rather, you can accept this lack of control and choose to respond

mindfully instead of reacting emotionally. This acceptance can help you move beyond the distress you experience without trying to change or control the situation.

This worksheet has 5 sections:

- Section 1: Here you get to determine or specify the problem or situation that you find problematic or painful.
- Section 2: The second step is to describe the role your behavior played in this situation keeping in mind that you do not need to control other's behavior.
 - Part a. of this step is for recounting how other's behavior contributed to the situation.
 - Part b. of this step is to try to determine what you could control and what you could not.
- Section 3: Write about the reaction to the situation. The prompts should help you differentiate between emotional

(often impulsive) reactions and mindful responses.

- Section 4: Invites you to think about the impact of your reactions to those around you.
- Section 5: This is a space for you to identify more mindful, considered ways to respond in the future. Remember and try to accept that you can only control your own actions and behaviors.

The goal of acceptance is to get to a place where we cannot control other's behavior. We can, however, control our own actions in a way that minimizes our distress when we find ourselves in difficult situations.



1. Define what is the problem or situation that you find painful?

What happened prior to the situation? How did it occur? How did it unfold? Who was there? What emotions did you experience during the situation?

2. What role did your behavior play in this situation? How about other's behavior?

a. Describe your actions and behaviors during this experience and consider how your actions influences what occurred. Remember, you cannot control how others will act.

b. How did other people's behavior be influence the situation? How did their actions contribute to what happened?

c. What were you able to control during this situation? What were you unable to control?

3. Consider and describe your reactions to the situation.

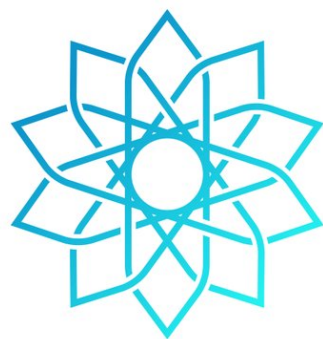
How did you react, act, or behave to what occurred? What effects did your reactions have on you emotionally? Remember that a response is considered, deliberate behaviour. A reaction, in contrast, is when you allow emotions to guide your behavior.

4. What was the impact of your reaction on others around you?

Describe how they acted or behaved when you reacted the way you did.

5. How might you behave next time so that you can minimize your reactive response?

How could you respond, instead of reacting, to reduce your own emotional distress?



RADIATE
INNER HARMONY