

Exercise: Radical Acceptance

Now answer the same questions for yourself. Think of a distressing situation that you experienced recently. Then answer these questions that will help you radically accept the situation in a new way:

- What happened in this distressing situation?

- What past events happened that led up to this situation?

- What role did you play in creating this situation?

- What roles did other people play in creating this situation?

- What *do* you have control of in this situation?

- What *don't* you have control of in this situation?

- What was your response to this situation?

- How did your response affect your own thoughts and feelings?

- How did your response affect the thoughts and feelings of other people?

- How could you have changed your response to this situation so that it led to less suffering for yourself and others?

- How could the situation have occurred differently if you had decided to radically accept the situation?
