



Radical Acceptance

Getting to the root of
the Problem

Radical Acceptance is the pathway home. It is a practice that trains us to meet life's joys and sorrows with an awake and open heart. By staying in the present moment we tap into unconditional love, we rediscover the freedom and peace of our true nature. ~ Tara Brach

AA Big Book

- “Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place this or situation- some fact of my life- unacceptable to me and I can find no serenity until I accept the person, place thing or situation as being exactly the way it is supposed to be at this moment.”

Radical Acceptance Of What is

- Freedom of requires acceptance from deep within- Let go of fighting reality.
- Acceptance is the only way out of hell
- Pain creates suffering only when you refuse to accept the pain
- “Deciding” to tolerated the moment is acceptance
- Acceptance is acknowledging what is
- To accept something is NOT the same as judging it

Radical Acceptance is NOT

- Radical Acceptance is not resignation for your continued bad behaviors
- Radical acceptance is not defining ourselves by our limitations-No dependence, avoidant, withdrawal- no fear based stories
- Radical Acceptance is not self-indulgence-this is who I am know I am going to act on it
- Radical Acceptance does not make us passive
- Radical Acceptance doesn't mean accepting a 'self' returns us to the origin of who we are.

Detach my beliefs
Detach my emotions
Stick to the Facts

* **How Do We Get
There**

EGO

- ▶ Security and Survival
- ▶ Affection and Esteem
- ▶ Power and Control
- ▶ Undisciplined mind

Judgement

- ▶ We choose to separate ourselves from “others”
- ▶ Ineffective behaviors keep you from what you want—no peace
- ▶ Healing you core beliefs change that
- ▶ Reality IS living in the present moment
- ▶ Separate behaviors from core self
- ▶ Power of choice

- ▶ Perfect love casts our fear
- ▶ When I thought as a child
- ▶ Loving what is accepts reality
- ▶ Thought projects and perceptions
- ▶ All but the Grace of God there go I
- ▶ Our suffering becomes our identity
- ▶ Suffering is always Objective
- ▶ Eliminate the attachment to outcome

- Handout

Irrational Beliefs

- ▶ Where do they come from
- ▶ We all have them
- ▶ Prefrontal Cortex
 - Insight, Hindsight, Foresight

Find irrational Beliefs –FIBS

Absolutely necessity for

Its horrible when...

I should feel fear....

I must be..

Solving Any Problem

- ▶ Solve the problem
- ▶ Change your emotional reaction to problem
- ▶ Tolerate/accept the problem
- ▶ Stay miserable

How do I use DBT to solve problems?

- ▶ What is missing between “knowing and doing?”
 - ▶ Match solution to goal, needs, desire.

MINDFULNESS

IS THE CORE TO EMOTIONAL REGULATION

OBSERVE

DESCRIBE

PARTICIPATE

NONJUDGEMENT

ONE-MINDFULLY

EFFECTIVELY

Changing Your Emotional Thinking

- ▶ REALITY VS Your story
- ▶ Surrender to the Truth of the Moment
- ▶ Am I resisting the moment?
- ▶ Am I in “flight or fight”

Boundaries

- ▶ No longer am I willing to lose my self-esteem, self-respect, my children's well-being, my job, home, possessions, safety, credit, sanity, or *myself* to preserve a relationship.
- ▶ I am learning how to choose to give appropriately and with a sense of high self-esteem.
- ▶ I am learning I can occasionally decide to give up something during conflict negotiations. But I'm no longer willing to *mindlessly* lose everything I have for the sake of relationships, appearance, or in the name of love.

Melody Beattie

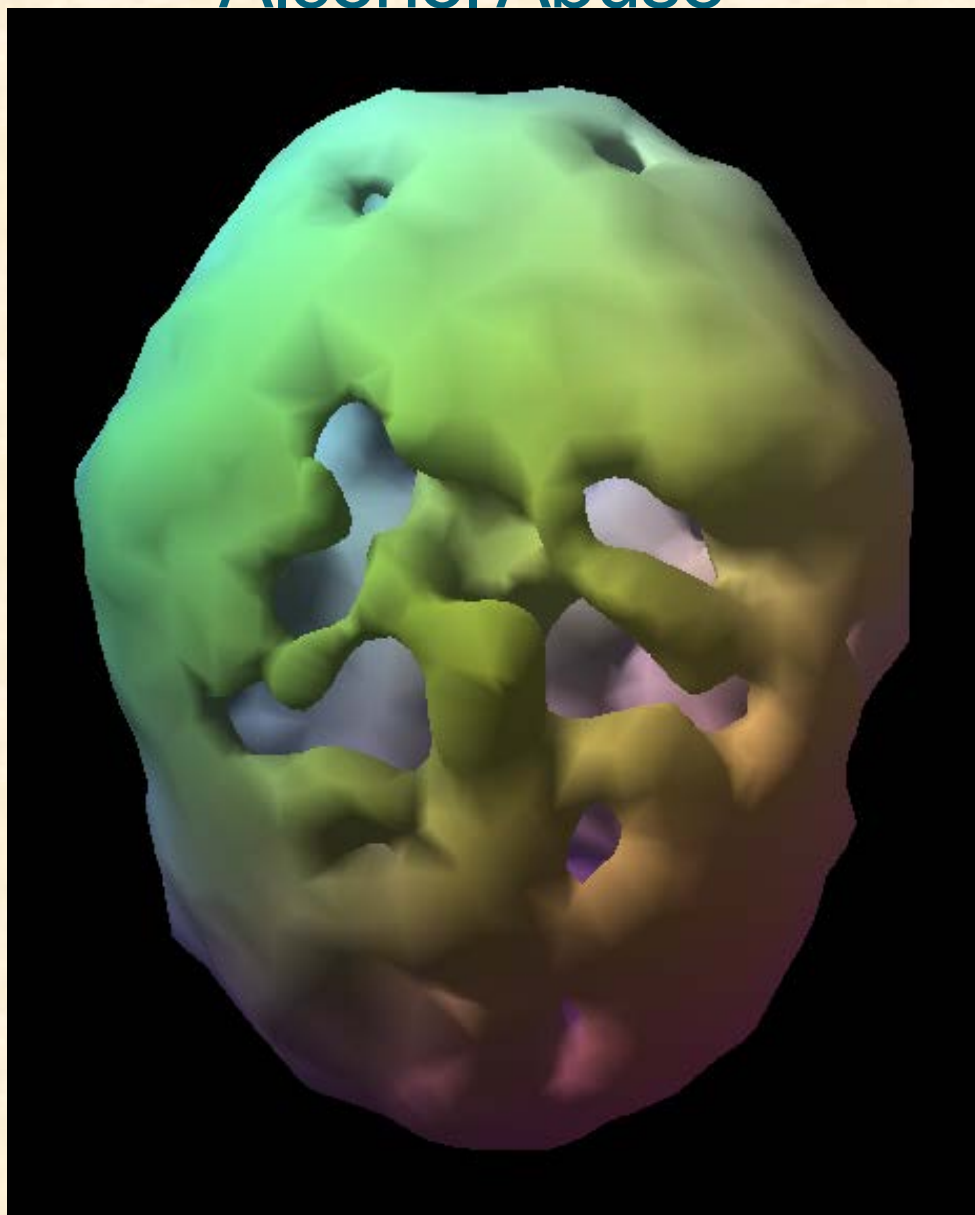
**Forgiveness doesn't
excuse their behavior.**

**Forgiveness prevents
their behavior from
destroying your heart.**

~Unknown



Alcohol Abuse



Depression

