

Feeling Your Feelings: Radical Acceptance

Coping Skills Class



Feeling Your Feelings: What is it?

Feeling is a skill that helps us strike a balance between sticking and stuffing our feelings.

Sticking

Feeling

Stuffing

Feeling Your Feelings: Sticking

Sticking

Feeling

Stuffing

Sticking is a relationship we can have with our emotions in which we are fused with thoughts and feelings, have trouble letting them go, and believe them to be true.



Feeling Your Feelings: Stuffing

Sticking

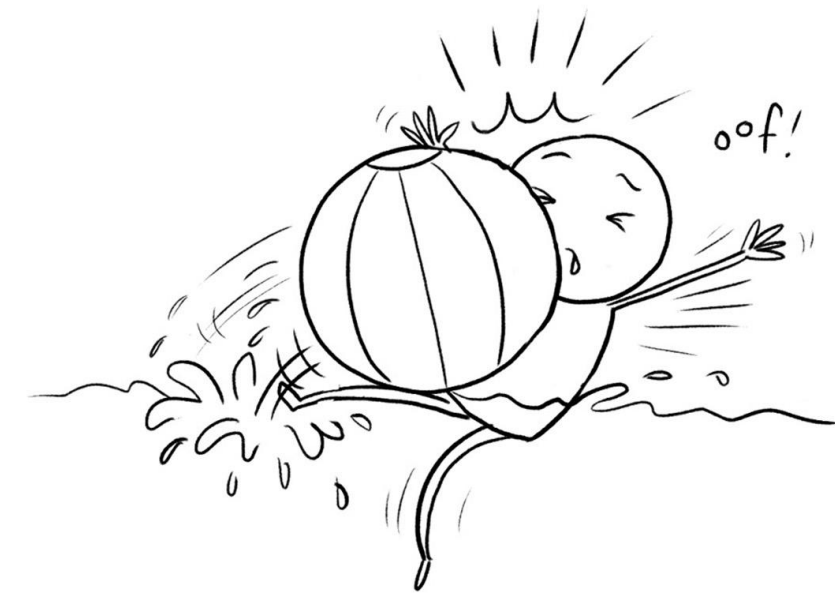
Feeling

Stuffing

A relationship we can have with our emotions in which we do not recognize, validate, or allow them to exist, often causing them to build up in the background.



PUSHING AWAY
DIFFICULT THOUGHTS FEELINGS AND EMOTIONS...



DOES NOT MAKE THEM GO AWAY...
IT CAN MAKE THINGS MORE DIFFICULT !

Feeling Your Feelings: Feeling

Sticking

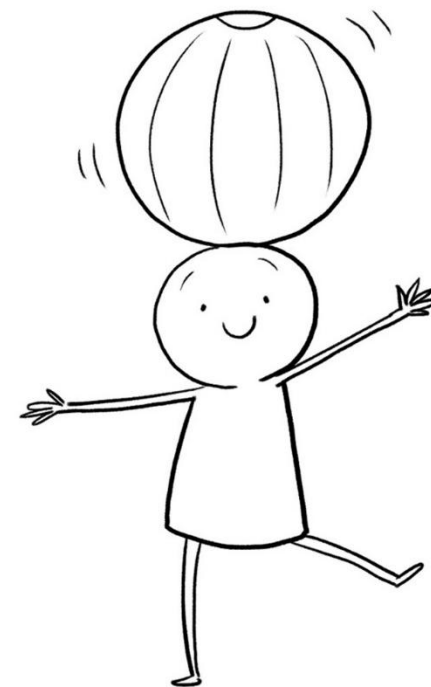
Feeling

Stuffing

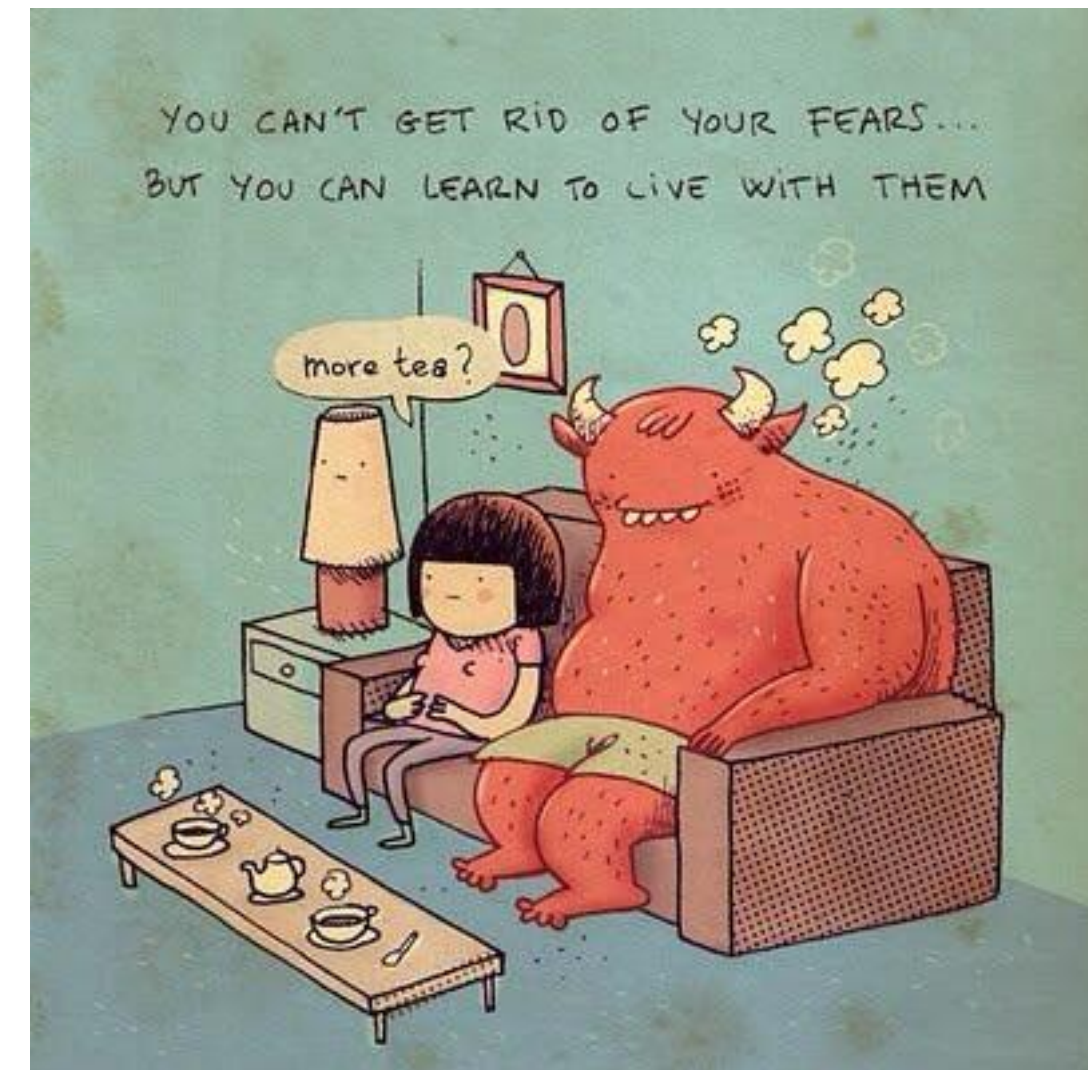
A relationship we can have with our emotions in which we accept them just as they are, without judgement, and with self-compassion.



YOU DON'T HAVE TO LIKE THEM OR WANT THEM..
YOU MAY WISH THEY WERE NOT HERE



BUT COULD YOU BE WILLING
TO ALLOW THEM TO BE HERE...
SO YOU CAN GET ON WITH
WHAT TRULY MATTERS TO YOU ?



How to Feel: Radical Acceptance

Radical acceptance is a skill and a perspective that captures the principles of feeling. It helps us strike the balance between sticking and stuffing.

Consciously acknowledging
and embracing difficult
situations and emotions as
they are, rather than
fighting against or wishing
them away.

Radical Denial

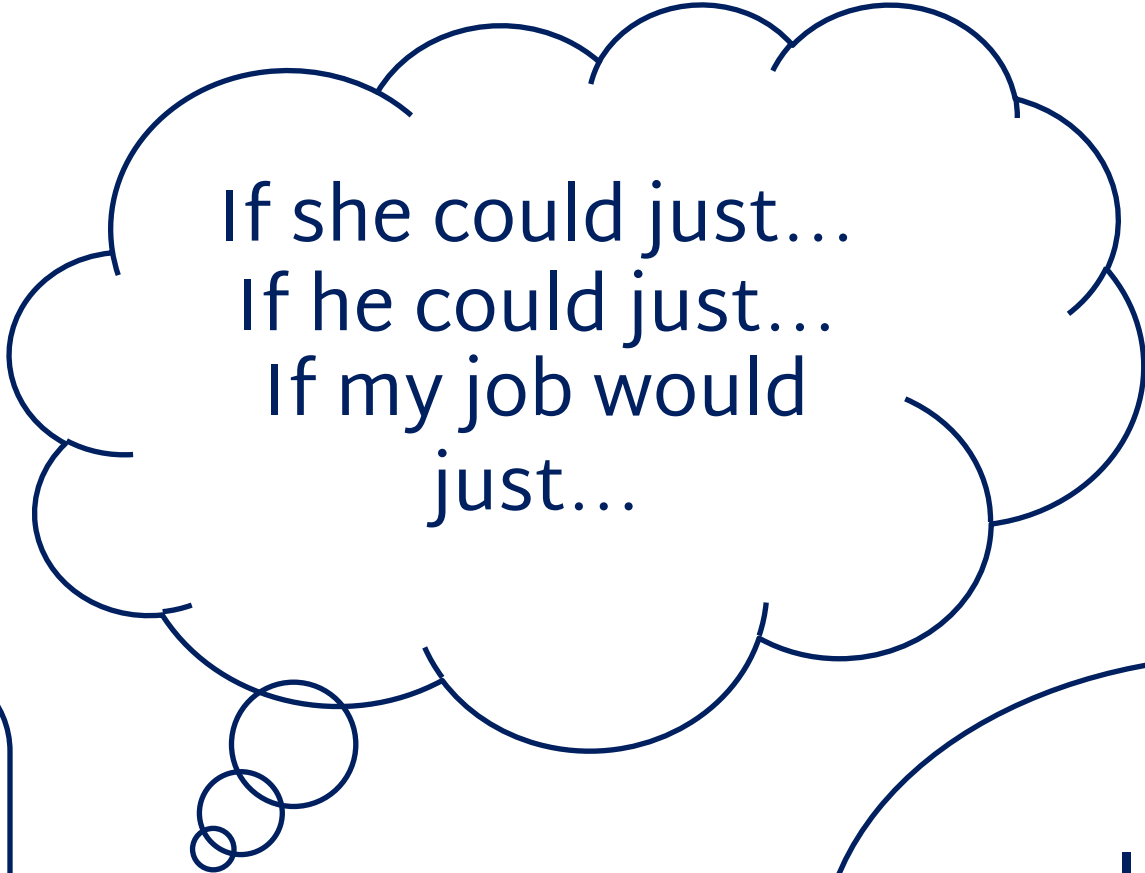
A relationship we can have with emotions and situations in which we do not accept and harshly judge them, thereby adding to distress, clouding reality, and reducing ability to problem solve.




Why me?



This isn't fair.



If she could just...
If he could just...
If my job would
just...

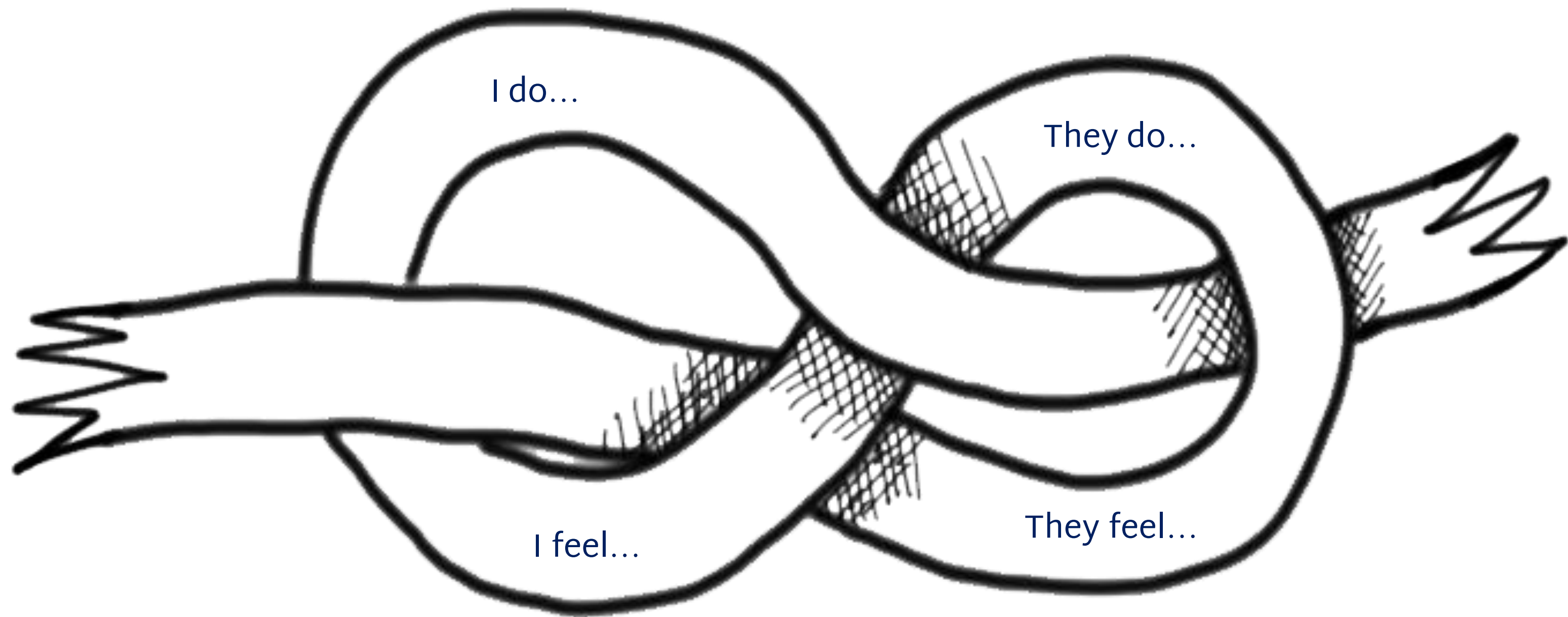


I can't
handle this.



Radical Denial

Refusing to accept reality keeps us in a cycle of doing the same thing expecting a different result.

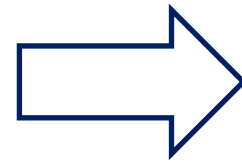


Radical Acceptance: Misconceptions

It means I approve of the situation.

It means I'm giving up.

It means nothing will ever change.



Two things can be true: I do not like a situation, and I accept that it happened.

Radical denial is stagnating,
radical acceptance is mobilizing.

We must accept reality before we
can change it.

“The curious paradox is that
when I accept myself just as I am,
then I can change.”

Carl R. Rogers



what is acceptance?



IT'S RAINING

i don't like rain.
i wish it wasn't raining.
my day would be better
if it wasn't raining. my day is
ruined. every day is like this.
it's always like this. why does
it always rain when all i want is
for it to be sunny?



IT'S RAINING

yup.

Consciously acknowledging
and embracing difficult
situations and emotions as
they are, rather than
fighting against or wishing
them away.

What are we trying to accept?

Ourselves

- Who we are
- How we feel
- What we're capable of
- What we're not capable of
- Future limitations
- Our past

Others

- Who they are
- How they feel
- What they're capable of
- What they're not capable of
- Future limitations
- Their past

Situations

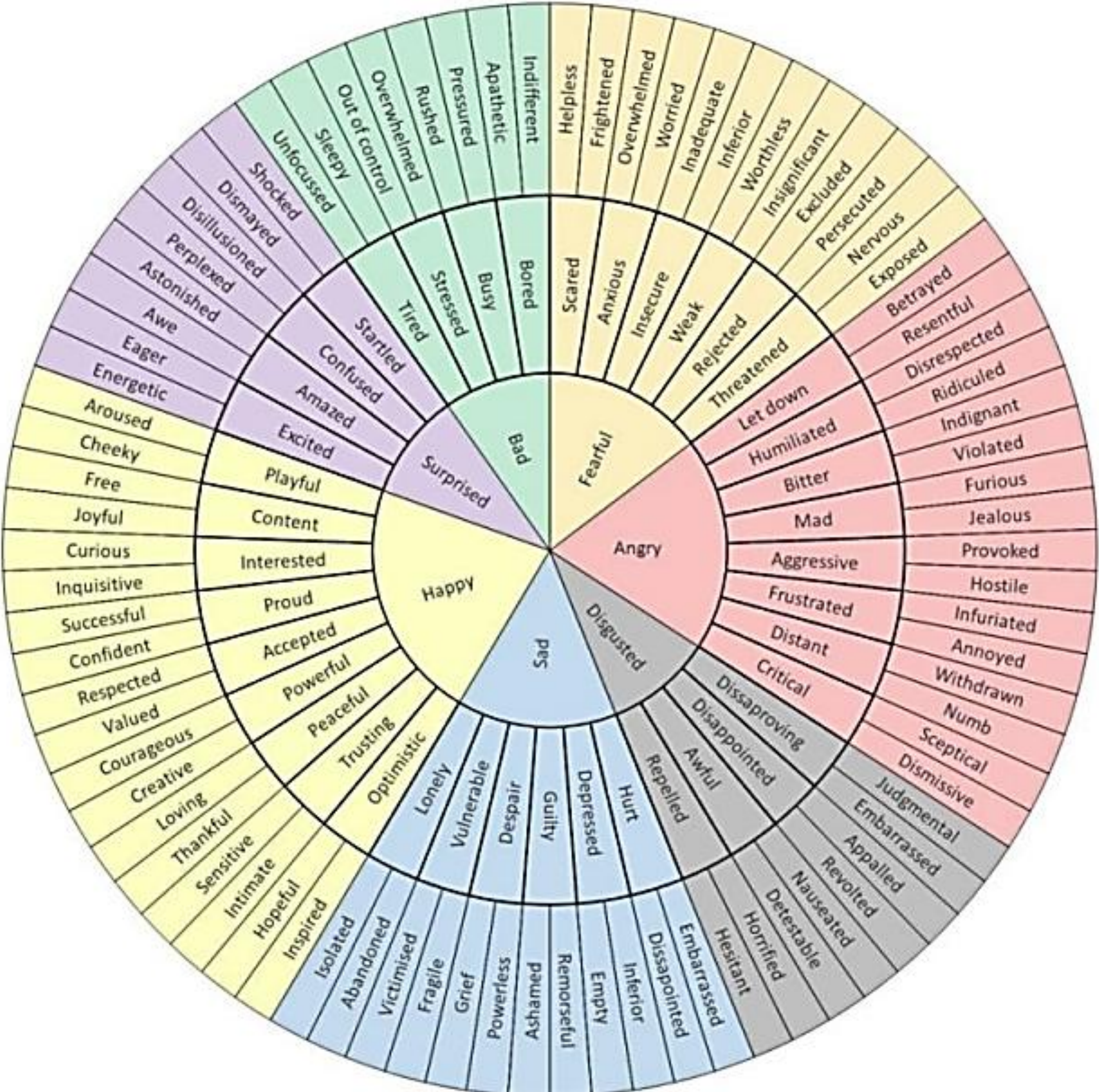
- What they are
- How we feel about them
- What we can control
- What we can't control
- Future limitations
- What they were

Radical Acceptance: How to Practice

1. Notice when you are fighting against reality (“why me?”, “should” statements, repeating the same mistakes)
2. Observe and validate how you feel about the situation (disappointed, frustrated, hurt)
3. Use radical acceptance coping statements
4. Consider that every situation has a cause far beyond you
5. Ask yourself what you would do differently if you stopped wishing the situation was different and acted in alignment with what is
6. Try something new, see what happens and observe how you feel as a result




Observe and Validate Feelings



Distress Tolerance: Radical Acceptance Coping Statements

To help you begin using radical acceptance, it's often helpful to use a coping statement to remind yourself. Below are a few examples. Read what's listed and create your own. Check the statements that you would be willing to use to remind yourself to accept the present moment and the chain of events that created it.

1. ☐ This is the way it has to be right now.
2. ☐ All events have led up to now.
3. ☐ I can't change what's already happened.
4. ☐ Fighting the past only blinds me to the present.
5. ☐ The present is the only moment I have control over.
6. ☐ It's a waste of my energy to fight what's already occurred.
7. ☐ My energy is better spent working to change the future rather than fight the past.
8. ☐ The present moment is what it is, even if I don't like what's happening.
9. ☐ This moment is exactly as it should be, given what's happened before it.
10. ☐ I can only control myself and my own actions.
11. ☐ Worrying about the past only creates suffering.
12. ☐ It is what it is.
13. ☐ The present moment is a result of millions of other tiny decisions.
14. ☐ If I want to change a problem, I first have to accept that there is a problem.
15. ☐ I can accept reality as it is, even if I don't like it.
16. ☐ Refusing to accept reality brings me more distress.
17. ☐ Accepting reality as it is brings me freedom.
18. ☐ I can let go of what I think "should" be, and accept what is.
19. ☐ Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



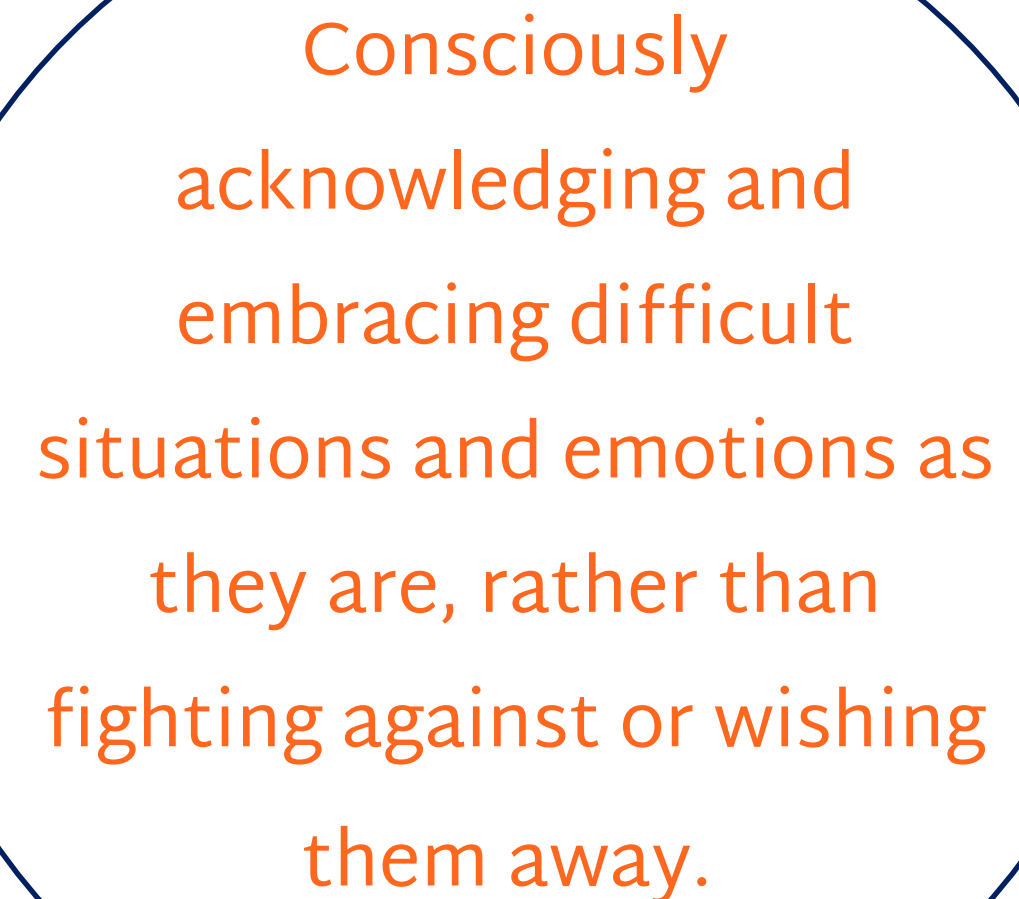
Which
statements
stick out to
you?

Radical Acceptance Practice

What is something in your life you recognize you need to radically accept?

Where are you in your process of radically accepting this? (Scale of 1-5)

If you completely radically accepted this, what would you do differently? How would this feel?



Consciously
acknowledging and
embracing difficult
situations and emotions as
they are, rather than
fighting against or wishing
them away.

Books for Radical Acceptance

