

## 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.

Reality can be painful. It is natural to want to push away things that hurt and cause suffering. The idea of accepting – much less *embracing* – a painful reality might seem terrifying. Consider that reality doesn't change just because you deny it exists. It is still there, waiting for you to deal with it. When you open yourself up to accepting the present moment precisely as it is, with no judgments, you are free to look at all of those puzzle pieces of the present moment and start to piece them together. When you deny reality, it is like choosing to take away pieces of the puzzle, then wondering why you can't make things fit. Allow yourself to see things just as they are, with radical acceptance, then allow change to happen.