

Focus on the Present for Radical Acceptance

When we focus on the present it helps us accept the current reality as it is, without judgement. Use the following chart to record the ways in which you can radically accept your current situation.

Distressing Reality	Ways to Objectively Accept Reality
Ex: I have no money	Ex: I have no money because I don't have a job. If I apply for jobs I can earn money, pay my bills and have more money for hobbies. I am going to apply to jobs at local stores to start earning money.

Distressing Reality	Ways to Objectively Accept Reality