

RADICAL ACCEPTANCE

It comes from DBT, but really can be used by anyone in any situation, its about acceptance of situations and diversity, a bit like the message in the book Let them, or choosing peace, or holding space for the situation.

Radical acceptance the ability to, in the moment, accept what is happening despite what is occurring.

Ie, we may not like what is happening, we might be ruminating on it, complaining, wish it were different, applying an expectation, but it is the ability to radically accept it so that we don't have to suffer. It's a skill of distress tolerance. It doesn't mean we approve of it or don't want to change it, but just in this moment, we accept it so that there is no emotional charge. Because if there is emotional charge/pain we then have to deal with the situation and the emotional charge and any consequences that may occur.

It's about sitting with reality, even a painful one, without judgment, fighting, or resistance. It means acknowledging what is happening as a fact (it is what it is), rather than wishing it were different. It does not mean you approve of the situation or like it, but rather we are not reacting to it. Some people call it holding space. Some people use the term it is what is is. I don't have to make meaning.

Its like mindfulness in distress tolerance to develop will. It gain control as the emotional reactivity can be a disadvantage for us.

- **Promotes Effectiveness:**

By accepting reality, you can stop fighting what cannot be changed and focus your energy on what you can control, allowing you to be more effective and achieve your goals.

- **Breaks Cycles of Pain:**

It helps individuals to let go of destructive coping behaviors and bitterness that keep them trapped in negative emotional state

HOW TO PRACTICE RADICAL ACCEPTANCE.

When we check in with our body emotionally and breathwise we learn to can pick up our emotions quicker, ie quicker than for example noticing when we are yelling.

Its about noticing that we don't like something, noticing how we are reacting in our mind, body, and emotions, and unhooking and accepting for just now as it is more helpful. We learn to gain control rather than be reactive.

Key Aspects of Radical Acceptance

- **Accepting Reality as It Is:**

This means accepting the facts about a situation in your mind, heart, and body, recognizing that the present moment couldn't be any other way given the events that led to it.

- **Not About Approval:**

Accepting a situation is not the same as approving of it or liking it. The situation can still be unjust or painful; you are simply stopping your resistance to it.

- **Focus on Causes and Facts:**

Radical acceptance encourages understanding that everything, including painful situations, has a cause, and that the facts of the past and present cannot be changed by denying them.

- **Mindfulness:**

It is a core component of mindfulness, enabling you to be fully present and observe your thoughts and emotions without getting consumed by them.

How to Practice Radical Acceptance

1. **1. Notice Resistance:**

Become aware of when you are fighting reality, often signaled by thoughts like "should" or "why me", or any thought that wants it to be a different way

2. **2. Acknowledge the Pain:**

Observe the sensations in your mind and body related to rejecting reality.

3. **3. Make the Choice to Accept:**

Consciously choose to turn your mind toward acceptance, acknowledging the reality as it is.

4. **4. Use Willingness:**

Adopt a willing posture, and remind yourself that life can be worth living even when experiencing pain.

5. **5. Allow Sadness:**

It is perfectly acceptable to feel sadness or empty about a difficult situation; radical acceptance doesn't mean you have to be happy about it.

SCENARIO

A young man has a partner who likes shopping and comes home with bags full. When she walks in the door he can feel the rage and thinks it such a waste of money, clutters the house, and he feels anger, hurt and usually gets critical towards her to motivate her to change. With radical acceptance he says nothing, he observes his feelings and perhaps how many bags there are. He might fact gather. He may take himself off to think about it or talk to someone. After fact gather he may realise it's not as bad as he thought or he may engage in counselling to develop coping strategies, like not being home when she gets home so as not to be triggered, or discuss setting a spending limit etc

What the radical acceptance has done is not caused a disruption to the relationship, and allowed him time to fact gather and process accurately.