

# Distress Tolerance Handout 6

## ACCEPTING REALITY

(Dealing with the things that we can't change)

### Radical Acceptance

Acceptance is: admitting what is there

Acceptance is: tolerating what is there

Acceptance is: not judging what is there



### Turning your Mind to Acceptance

Turning your mind is: a COMMITMENT

Turning your mind is: a CHOICE

Turning your mind is: DOING IT over and over



### Willingness

Willingness is: Tolerating, Accepting, and Choosing

Willingness is: Doing what is needed - Being effective

Willingness is: Listening to your *WISE MIND*

