

DBT: Radical Acceptance

Reducing the additional suffering created by fighting facts that cannot be changed in this moment.

What acceptance means

Acceptance means acknowledging reality as it is right now. It does not mean approval, forgiveness, passivity, or saying that something should have happened.

Why nonacceptance hurts

When reality is painful, thoughts such as “This cannot be happening” or “It should not be this way” can add a second layer of suffering. Acceptance frees energy for decisions about what can be changed next.

Practice

- Name the fact without judgment.
- Notice where your body is bracing against reality.
- Use a phrase such as “I do not like this, and this is what is happening right now.”
- Ask what is still within your control.
- Expect to practice acceptance repeatedly; it is rarely a one-time decision.

Try this reflection

What reality are you spending energy arguing with even though it is already true in this moment?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.