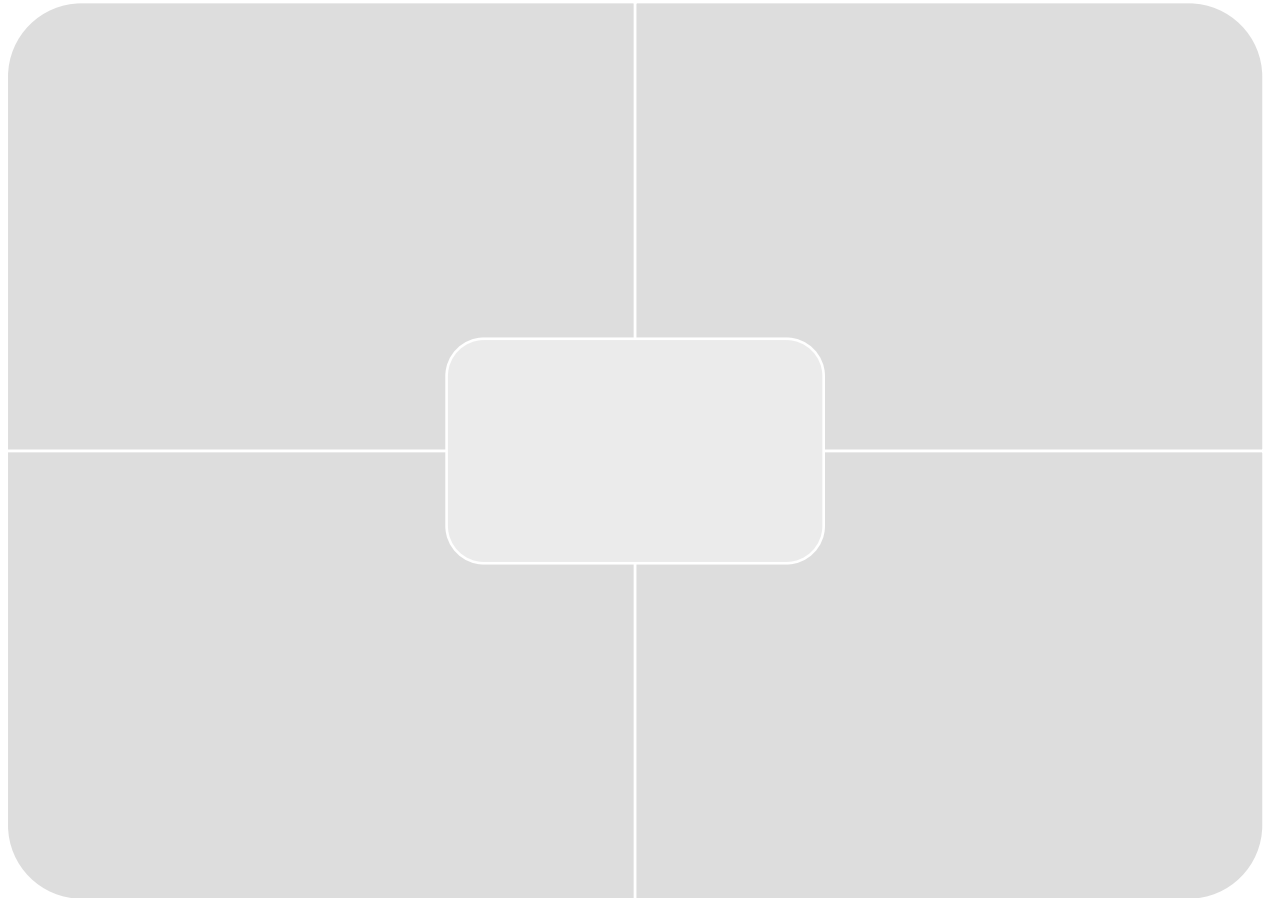


Making Peace with Imperfection



As we look at each strategy ask yourself:

- Do I do this? How?**
- Can I do this? Is this attainable?**
- If I don't do this, why?**

DBT Distress Tolerance: Radical Acceptance Worksheet

What's the situation

What led up to the situation

Which things you could control

How did you react to the situation?

PRACTICE RADICAL ACCEPTANCE

What is the reality

1. Accept it as it is, no changes. In life, you can't have control over everything. You need to accept your limitations and boundaries.
2. Remind yourself that the unpleasant reality is just as it is and cannot be changed ("this is what happened, you didn't have anything to do with the situation. You can also involve in self-talk, relaxation techniques, mindfulness, and imagery).

Accept and acknowledge the sad emotions, anger, disappointment & regrets.

Now, just imagine what kind of behaviors you would engage in if you have accepted the reality.

Relationship Effectiveness (G.I.V.E.)

Relationships aren't only about getting what we need—they're also about the other person. The acronym *G.I.V.E.* will help you achieve *relationship effectiveness* by fostering positive interactions.

G entle	Don't attack, threaten or express judgment during your interactions. Accept the occasional "no" for your requests.
I nterested	Show interest by listening to the other person without interrupting.
V alidate	Be outwardly validating to the other person's thoughts and feelings. Acknowledge their feelings, recognize when your requests are demanding, and respect their opinions.
E asy	Have an easy attitude. Try to smile and act lighthearted.

How to Practice Cognitive Reappraisal

1. *Were there, or will there be, any positive outcomes that result from this situation?*
2. *Are you grateful for any part of this situation?*
3. *In what ways are you better off than when you started?*
4. *What did you learn?*
5. *How did you (or might you) grow and develop as a result of this situation?*

