Radical acceptance

PROGRESS PSYCHOTHERAPY

Reality is what it is. Being at peace with reality is key for psychological wellbeing. Pain happens but not accepting can stop us processing it and turn pain into suffering. Radical acceptance means total acceptance of reality to let healing begin.

Why accept?

Reality is reality whatever we feel. It won't be like this forever, but it is normal and human to feel your emotion now. Not accepting it won't change it, it will only keep you trapped in distress as pain becomes suffering. Accepting the situation does not mean we think it is right, we are just acknowledge there is nothing we can do right now. Within acceptance we also accept that our distress is normal and begin healing.

How to practice it

Recognise you are fighting reality. That is not bad but not useful. If it could be changed you would but currently you can't. What happened had a cause, consider why it happened and accept this makes sense. Try to think about what you would do if you did accept this? Try it, it may help. Picture what moving on looks like and try doing that action. Take care of yourself and your feelings, they need to be processed and you deserve to be taken care of while that happens. Remember that life is worth living when when there is pain. Remember this pain is temporary, you will recover. Acceptance gets you there sooner.

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