

# Hope for Mental Health Community

Wellness Tool

## Radical Acceptance & Radically Accepted Worksheet

August 25, 2019

The **“storm”** I am facing today/have faced is:

*I want to choose to work on radical acceptance of this storm. I am not perfect, nor is anyone else involved. Life can bring pain, but I don't want to suffer more than I need to. I will face this circumstance/situation/challenge with as much honesty and courage as I can, accepting it so I can deal with it and continue on my journey.*

A **coping statement** I can use is: (ex. “I can't change what happened.” “This too shall pass.” “My feelings are not the facts, I will be ok.” “It is what it is.” etc.)

A **truth** that I can cling to is: (a Scripture verse that means a lot to you, a positive statement about yourself, etc.)

**Someone I can turn to** if I need help in dealing with this is: (a trusted other – friend, family member, therapist, etc. who can offer you empathy, compassion, and support)

As I radically accept this “storm”, **one step I can take or change I can make** is:  
(internal process: how I think about someone, how I treat myself, etc.;  
external process: initiating a conversation, changing a way of responding, etc.)

*I will remind myself that I am radically accepted (Eph. 2:4-9) and relentlessly loved (Jeremiah 31:3). These truths help ground me in a reality that gives me courage and strength to face whatever it is I need to face today (2 Cor. 12:9, Philippians 4:12-13). My identity is found in the gracious, merciful, loving affection and affirmation of God who calls me chosen, accepted, forgiven, worthy, and loved. God's grace covers every part of my life, past, present, and future, and I never need to fear separation from His love (Romans 8, Zephaniah 3:17).*