

## EXERCISE ONE - ACCEPTING EVENTS

1. Important event:

2. What caused the event (factually):

3. Accepting the emotions:

4. Proactive plan:

## EXERCISE TWO: COPING STATEMENTS

Statements that I can use to practice radical acceptance:

1.

2.

3.

4.

5.

A faint, stylized illustration of a young girl with long dark hair and a yellow bow, sitting in a meditative pose with her eyes closed. She is holding a small brown teddy bear. The background features soft, abstract shapes and lightning bolt symbols, suggesting a focus on emotional regulation and coping.