



Radical Acceptance

The Magic of Accepting What Is

Objectives

- ▲ Define Radical Acceptance - differentiate from condoning or approval
- ▲ Apply the practice of radical acceptance to areas in your work and life where you find yourself meeting resistance

Living In Alignment

This week, we're exploring how radical acceptance can shift our relationship to or with difficult circumstances and challenging realities. By learning to stop fighting what we cannot control, we open space for **clarity, empowerment, and values-based action.**

Every day we are faced with things that we wish were different. Our thoughts about this usually include the word "should".

*"Healthcare systems *should* care more about patients than about money"*

*"People *should* be able to go to medical schools without incurring huge amounts of debt"*

*"No child *should* die of hunger or abuser"*

Many of these beliefs are deeply rooted in our personal values, morals, and sometimes our politics, and because of that, questioning them can feel deeply uncomfortable. It can feel like accepting something we disagree with, or even betraying our values to accept that the values of the clinicians will not always align with the values of the institution, that the cost of medical school will make it hard for many capable and competent people to attend, and that children die of hunger every day.

It's easy to think that if we **ACCEPT** these circumstances, it means we **APPROVE** them, so often we stay in resistance which while sometimes drives values aligned action, sometimes keeps us stuck in anger/outrage which can lead us AWAY from important values like connection and engagement.

Let's work through this together so you can reflect on where resistance shows up in your life, how it impacts you, and how choosing acceptance might lead you forward. For this exercise, we invite you to think about a circumstance that you are REALLY resistant to, and be curious about how this resistance may not be in service to you.

In doing this, you may find that you want to stay in resistance, and that through that, you are living in alignment with what you care about. That's OK- let's just check in to make sure you are choosing it.



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What is something in your life or the world right now that feels unacceptable?
(Try to name it without judgment.)

What are the reasons this feels unacceptable to you?

In what ways does it feel important to resist or reject this?



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Let's look at this in a model:

C

T

Choose a sentence you wrote in one of the prompts above, and write it here.

F

How does this thought make you feel? Write that here.

A

Get really juicy here. Are there ways in which this has you disconnecting from people you care about? Are there ways this resistance is impacting relationships or how you are showing up? Be very curious about this.

R

What is the sum of those



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Now let's explore what things would look like if you could radically accept this truth—not approve of it, but stop arguing with it? What value do you want to move toward, even while this difficult reality exists?

Let's help you get there.

What freedom would acceptance of this provide for you? Could you reclaim time? Energy? Something else?

Let's walk through a model backwards.

R

What is the result you want for yourself when you are thinking about this model?

A

What actions would help you get there?

F

How do you want to feel? Does acceptance go here? If not, what?

T

What thought generates that emotion?

C

Enter same C as above