

# RADICAL ACCEPTANCE: WHAT IS IT?

## What is Radical Acceptance?

- When you choose to accept reality rather than fight it, with your mind and your body.
- The difference between pain and suffering can be acceptance.
- Pain is a part of life. Suffering is unnecessary and causes excessive pain.

## What to Accept?

- Our pregnancy and postpartum experiences, made up of the facts about the past and present – even if we don't like the facts.
- Even the situations that are painful have a cause and can create opportunity for meaning.
- Life can be worth living even with the experience of painful events.

## Why Accept?

- Refusal to accept does not create change.
- To create change we have to be clear about the present.
- Pain is a part of living. It signals movement, meaning and distress.
- Refusal to accept reality = suffering.
- Refusal to acknowledge reality can keep us stuck in strong emotions that are ineffective.

**A common misconception is that radical acceptance means approving of something that they don't actually agree with, or being passive in a situation; however, this is not the case. Be aware that strong emotions may arise from learning about/ practicing radical acceptance.**

**WATCH VIDEO  
TO LEARN MORE**



<https://bit.ly/3TAhjda>

# RADICAL ACCEPTANCE: FACTORS THAT INTERFERE



**This is not what I expected.  
This is not what others told me.  
This is not the story I wished for.  
This was not my plan.**

**Acceptance of reality does not mean you are in agreement or approve.**

**Factors that interfere with our ability to accept:**

**Lack of skill:**

We don't have or know the skills to accept.

**Emotions:**

Get in the way of accepting.

**Belief:**

That with acceptance comes approval or agreement.

**Judgment:**

Belief that it shouldn't be this way.

**Environment:**

Events, situations or people urging you to refuse to acknowledge the reality (your depression, your anxiety, your limits, your needs, etc.).