








My Mighty Month

RADICAL ACCEPTANCE COPING STATEMENTS

Try saying these coping statements to yourself to help you accept a distressing situation when it arises.

-  This is how it has to be.
-  Everything that happened in the past has led up to now.
-  I can't change what's already happened.
-  There's no point fighting the past.
-  I can survive the present, even if I don't like what's happening.
-  I don't have control of the past.
-  The present is exactly what it should be given what's happened before.