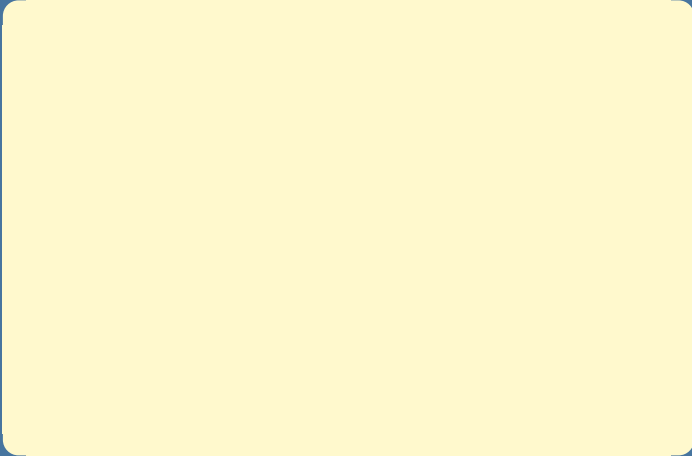


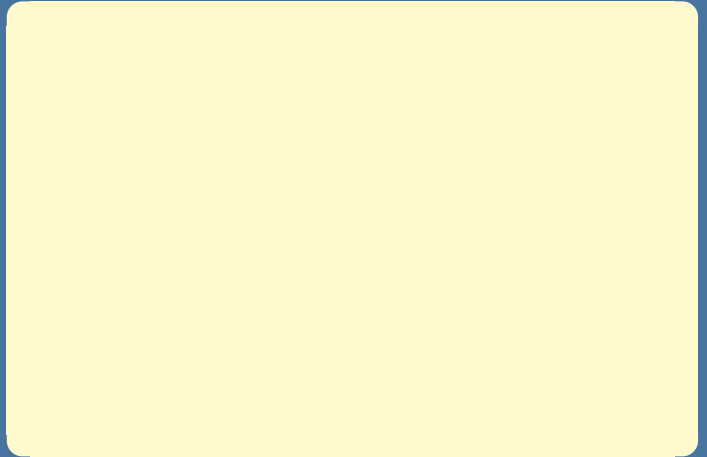
My Mighty Month

RADICAL ACCEPTANCE WORKSHEET

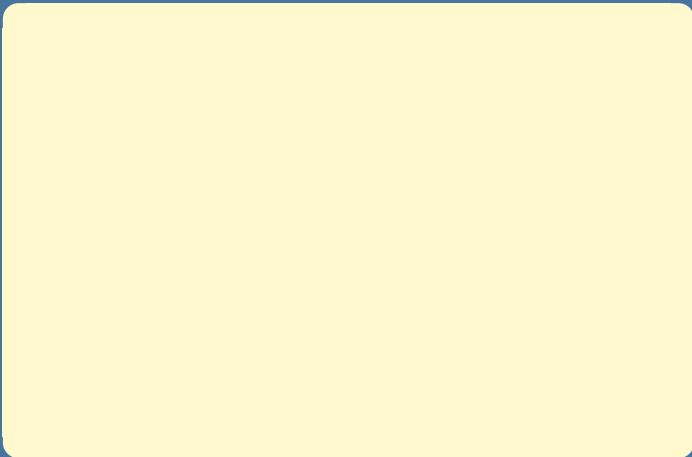
What happened? What's the situation?



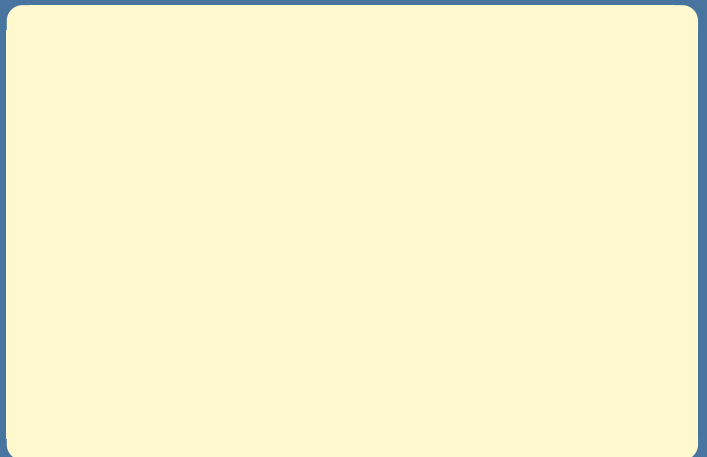
What led up to the situation?



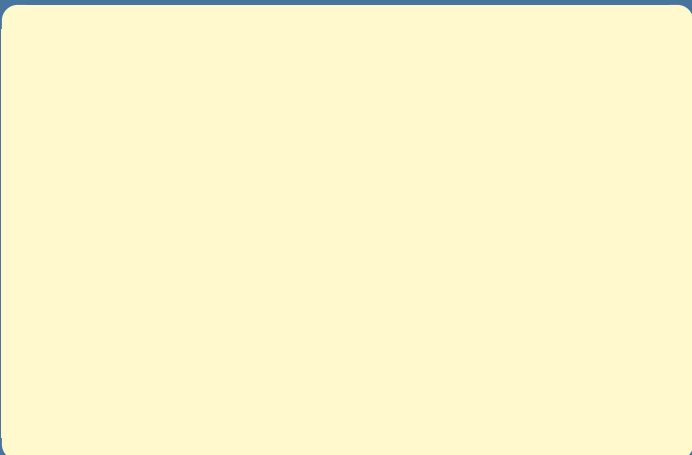
What was your role, and what role did other people play?



What do you have control of, and what don't you have control over?



What was your response to the situation and how did it make you feel?



How can you use radical acceptance to respond differently in the future?

