

Radical Acceptance Worksheet: Emotional Weather Watch

Name _____ Date _____

Understanding Emotions as Weather

Emotions are like weather:

- Some are bright and clear, like a sunny morning.
- Some are stormy, like heavy rain or gusty wind.
- Some are fleeting clouds, passing quickly across the sky.

Just as you don't try to stop the rain or hold on to the sun, you don't need to push away or cling to emotions. *Radical acceptance* means noticing your emotions without judgment and letting them pass naturally.

Reflection Questions

Which of your emotions feel stormiest or most uncomfortable?

Which emotions do you try to push away or suppress?

Which do you try to hold on to? Why?

How might observing emotions without interference change your experience?

Ecotherapy Exercise: “Weather in Nature, Weather in Mind”

Instructions

Go outside to a natural setting where you can sit quietly or walk slowly. Take a few deep breaths and notice the weather:

- Temperature, wind, clouds, sunlight, sounds of nature.
- Name the emotion you’re feeling right now.

Imagine your emotion as a weather pattern in your mind:

- Is it a storm, a cloud, a breeze, sunlight, or something else?

Watch your emotion like the weather outside:

1. Notice it, feel it in your body, observe how it moves and changes.
2. Avoid trying to change it, push it away, or hold onto it.
3. Compare it to the natural weather you see: it will shift and evolve, just like your mind.

Take a few more deep breaths and notice your body and surroundings again.

Prompted Reflection

How did it feel to notice your emotion without trying to fix it?

Did imagining it as a weather pattern make it easier to observe?

What changes occurred in your body or mind as you practiced this?

Did you notice any connections between your internal weather and the external environment?

Integration: Daily Practice

Journaling Prompts

What recurring emotional patterns could benefit from being observed like weather?

Which emotions feel easiest to observe? Which are hardest?

How can observing emotions without judgment reduce stress or impulsive reactions?

How might nature remind you to let emotions pass naturally?

Micro-Practice

1. Pause for one minute during your day.
2. Notice your current emotion.
3. Name it silently and imagine it as a weather pattern.
4. Observe it without changing it.
5. Ground yourself in your surroundings: notice one sight, sound, and sensation.

Optional Challenge

1. Spend 5–10 minutes outside each day this week practicing Emotional Weather Watch.
2. Track your emotions like a weather log: note the type, intensity, and how long it lasted.
3. Reflect on how observation instead of resistance changes your experience.

Emotions come and go, just like clouds, storms, and sunshine. Observing them like weather lets you stay grounded and present, even in the middle of mental turbulence.