

Radical Acceptance Worksheet: Ways to Deal with a Problem

Name _____ Date _____

Understanding How to Respond

When a problem arises, you have three basic choices:

1. *Solve it* – Take action to change what you can.
2. *Change the way you think about it* – Shift perspective so it's no longer a problem.
3. *Accept it* – If you can't solve it and perspective shifts aren't enough, acknowledge reality without resistance.

Radical acceptance focuses on the third option. It doesn't mean giving up; it means stopping the struggle against circumstances beyond your control. Nature demonstrates this constantly: rivers flow around rocks, trees bend in wind, seasons change. Following nature's example, you can practice choosing acceptance when resistance only adds stress.

Reflection Questions

Which problems in your life are within your control? Which aren't?

When have you tried to solve something that couldn't be solved?

How does changing your thinking shift your experience of a problem?

What costs energy or peace when you resist or fight something unchangeable?

Can you identify a current problem where acceptance might bring relief?

Ecotherapy Exercise: “Three Paths in Nature”

Instructions

- Go outside to a natural space where you can sit or walk.
- Identify one problem that is causing stress.

Observe a natural element nearby (tree, stream, wind, or stone). Imagine it as a model for your three options:

1. *Solve it*: Water flowing around obstacles, actively moving forward.
2. *Shift perspective*: A tree changing angle toward sunlight, adapting to conditions.
3. *Accept it*: Leaves falling or wind passing through branches, letting things be as they are.

Take a few deep breaths, connecting to your body and senses.

Mentally try each option briefly:

“What could I do to solve this?”

“What perspective shift could reduce its impact?”

“What would it feel like to accept it fully?”

Notice which option fits the current situation best. Focus on the one that brings calm and clarity.

Return to observing your natural element for a few more minutes, grounding yourself in the present.

Prompted Reflection

Which approach felt easiest or most natural?

How did observing nature help you see your options clearly?

Did acceptance reduce tension or mental spinning?

How could you apply this approach in daily life?

Integration: Daily Practice

Journaling Prompts

Identify one problem today that is unsolvable. How might you practice acceptance?

Where could shifting perspective reduce stress without solving the problem?

When taking action is possible, how can you do it without overreacting?

How can noticing nature help remind you of these three pathways?

Micro-Practice

1. Pause when a problem arises.
2. Ask: "Can I solve it? Can I shift my perspective? Or do I need to accept it?"
3. Choose one pathway and notice the effect on your mind and body.

Optional Challenge

1. For one week, pick a small daily problem.
2. Walk outside, observe a natural element, and explore all three approaches.
3. Journal which approach brought the most ease and clarity.

This worksheet blends problem-solving, cognitive flexibility, and radical acceptance with nature-based grounding so you can respond to difficulties instead of reacting.