



RADICAL ACCEPTANCE IS...

Radical acceptance involves acknowledging a painful situation and accepting it without resistance.

The philosophy underlying this approach is rooted in the understanding that while pain is often an unavoidable part of life, suffering is a choice. By choosing to accept the reality of a situation, we reduce unnecessary mental suffering.

Radical acceptance is...

- ✓ **A choice.** It's a conscious decision to approach the current reality with openness and acceptance, rather than resistance or denial.
- ✓ **Dealing with what is actually happening.** Instead of avoiding or ignoring the situation, radical acceptance encourages us to confront it directly.
- ✓ **Coping with pain without it turning into suffering.** By accepting the pain without adding layers of judgment or resistance, we minimize unnecessary mental suffering.
- ✓ **Accepting things we cannot change.** By accepting the unchangeable, we can redirect our energy towards more helpful responses...

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A Place Of Acceptance

Arturo Cuomo



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