

RADICAL ACCEPTANCE WORKSHEET

While filling this worksheet out, be sure to examine and concentrate on how your own unaccepted realities or 'shoulds' contribute to your relationship. Write in your answers in the blanks provided.

1.	Relationship 'shoulds' that I am refusing to accept:

2.	Behaviors that I do when I am refusing to accept these 'relationship shoulds':

3.	How	do	these	behaviors	affect	mу	partne	r?		
4.	How	do	these	behaviors	affect	our	relatio	onship?)	