

EMOTION REGULATION

Radical Acceptance

DBT
Dialectical Behavior Therapy

DBT Skills and Concepts

Radical Acceptance

Is the skill of accepting the things you can't change. It's when you stop fighting reality, stop having outbursts or tirades about reality, and let go of bitterness. It is the opposite of "Why Me?" It is about being **at peace with "how things are"**.

The
Texas
Model^{2.0}

