

Skills Group (Distress Tolerance): **Week 3**



CFPCN Extended Health Team

Agenda

Homework Review

Radical Acceptance

- Factors that Interfere
- Practicing Step by Step

Wrap-up and Questions



Mindfulness Practice



Homework Review

Skills Practice

Share your experience of using one of the skills covered last week:

- Distracting: Wise Mind ACCEPTS
- Self-Soothing
- IMPROVE the moment





Overview of Radical Acceptance

What Is It?

- Accepting All the Way
- Accepting Completely
- Accepting Fully

What Has to be Accepted?

- Reality as it is
- Limitations
- Life is still Worth Living



Overview of Radical Acceptance – Why Accept Reality?

1. Rejecting reality does not change reality
2. Changing reality requires first accepting reality
3. Pain can't be avoided
4. Rejecting reality turns pain into suffering
5. Refusing to accept reality keeps us stuck in painful emotions
6. Acceptance may lead to sadness, but deep calmness usually follows
7. Repeating ineffective patterns of behaviour likely brings about the same unwanted outcomes



Factors that Interfere with Radical Acceptance

Believing it is approval, compassion, passivity or against change

Not having the skills

Belief you are making light of it

Emotions get in the way

Distress Tolerance Handout 11A



Practicing Step by Step

Distress Tolerance Handout 11B

1

Observe that you are questioning or fighting reality

2

Remind yourself **reality is as it is** and that there are causes for the reality

3

Practice **accepting** with **the whole self**

4

Practice **opposite action**

5

Cope ahead with events that seem unacceptable

6

Attend to body sensations and **allow** for emotions

7

Acknowledge that life can be worth living even when there is pain

8

Do **pros and cons** if you find yourself resisting practicing acceptance



Home Practice

Skills Practice

- Radical Acceptance

Distress Tolerance Worksheet 9



Adv
fold

Primary Care Network
CALGARY FOOTHILLS

Name sticker

Self-Management Plan

understanding my pain

NOTICE Physical

NOTICE Thoughts Feelings

NOTICE Behaviours Relationships

Helpful and unhelpful impacts on pain

Helpful	Not helpful	Helpful	Not helpful
Sleep	worries	work	Exercise
weather	Food	Relationship	Other

and helpful or want to practice to your toolbox or green



Mindfulness Practice



Thank you
for joining us

