

RADICAL ACCEPTANCE #2

LIVING IN THE MOMENT

ACCEPT TODAY

...ONE STEP AT A TIME

FINISH ONE TASK BEFORE MOVING ON TO ANOTHER

...(NO MULTITASKING ALLOWED)

DO NOT LIVE IN THE PAST

...DO NOT KEEP RECYCLING PAST EVENTS, TRAUMA, ETC.

*...LET IT GO AND MOVE FORWARD! WE LEARN FROM THE
PAST BUT MUST LET IT GO.*

LIKewise, DO NOT LIVE IN THE FUTURE WITH STATEMENTS SUCH AS “

*...WHAT IF.....HAPPENS”, I WONDER IF MY FRIENDSHIP WILL END,
ETC. THINKING ALL OF THE TIME ABOUT WHAT MAY OR MAY NOT
HAPPEN ONLY BRINGS HURT AND SELF-CONDEMNATION*