

## **Fifth installment of Radical Acceptance**

**April 2, 2021**

### **“I haven’t got time for the pain” vs. working through the pain**

You may remember old TV ads for Excedrin, which promised quick headache pain relief. During the commercial, a song proclaimed, “I haven’t got time for the pain.” This is a good example of our culture's message, that when we experience pain, it should be healed quickly, and the subject avoided. Some of that reasoning makes sense, and nobody wants to be in pain. It’s also important to point out that Radical Acceptance does not ask you to stop taking pills for headaches. However, there is a helpful equation to remember when it comes to Radical Acceptance. Pain plus non-acceptance equals suffering.

Radical Acceptance is the understanding that life involves pain and difficult events. Avoiding pain, especially in the long term, often leads to bitterness, guilt, anger, resentment, and shame. Radical Acceptance gives us the opportunity to make choices without the suffering brought on by those emotions. Radical Acceptance is acceptance of reality as it is and remembering that life is still worth living even with painful experiences in it.

### **When to Use Radical Acceptance**

Paying attention to your thoughts can help you to notice when you are fighting reality. Usually, “should” statements are a clue. Examples include: “This shouldn’t be happening to me,” “It shouldn’t be this way,” or “I shouldn’t have done that.” Notice that there’s an underlying judgement in these thoughts. There is a hidden belief that things should be different. Refusing to accept reality can keep you stuck in bitterness, shame, anger, unhappiness, guilt, or other painful emotions. Do you know what types of sensations these emotions may elicit in your body? Practicing Radical Acceptance involves being in tune with your emotions.

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<https://mytherapynyc.com/radical-acceptance/>