# Acceptance and Change Together - Concept brief

Understand the idea behind acceptance and change together and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor feels disappointed and still wants to make a clear request.

## The idea

Acceptance and change can be held together without approving harm.

## An ordinary example

Taylor feels disappointed and still wants to make a clear request.

## What this can look like

Write two accurate statements about a manageable difficulty: what is true now and what you want to influence.

## Check the fit

What can be accepted as present while you choose a change? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

## A useful distinction

Acceptance acknowledges the present; it does not endorse harm or remove the need for change.

## Reflection

What can be accepted as present while you choose a change?

## Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A01-1