Reality Acceptance with Boundaries - Review journal

Review an attempt at reality acceptance with boundaries and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Taylor cannot undo a canceled appointment and can ask about another option.

Use an ordinary or fictional example, with a clinician when appropriate. Acknowledging reality does not require approval, forgiveness, or giving up advocacy.

Practice task

Separate what has happened, what you wish were different, and the actions still available.

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. What is true now, and what action remains possible? My optional adjustment or support request:

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-A10-5