

## Radical Acceptance Coping Mantras

Try repeating one of the following phrases to practice radical acceptance of a situation.

- It is what it is.
- So it goes.
- You have no power over me.
- This is how it has to be.
- I can't change the past.
- I can't predict the future.
- There is no point in getting upset over the past. It's already done and gone.
- I am strong, I will survive the present crisis.
- I can't go back in time, I can't control the past.
- Everything in the past has led up to this moment.
- Right now, everything is as it should be based on past events.
- I can't predict the future.
- I have no control over other people.
- I will not always agree or like it. That's ok.

Or create your own mantra! Some people prefer to use phrases from a favorite song, or religious text.

Buddhist mantras such as "*Om mani padme hum*" are often repeated as a calming, grounding or self-soothing technique.