

# Radical Acceptance = Acknowledging Where We Are

## A Phone Call Between Friends



Hey, can you give me directions to your house?



Sure!!  
Where are you currently?

let's *THERAPIZE* that shit !!!



I hate where I am!! I shouldn't be here in the first place - I should be at your house by now!!



I totally understand AND you aren't currently at my house. In order to give you directions, I need to know where you are first.



You DON'T understand!! I got lost and I shouldn't even be where I am right now!! I never get lost!!



I hear that you're embarrassed that you got lost. AND that's what happened. So to give you directions, I need to know where you are.



You just want me to be totally fine where I am and to just give up trying to leave!! But I'm not fine where I am!!



That's not true my friend - knowing where you are is the first step towards getting out of where you are.



I don't even know how to figure out where I am even if I wanted to!!



OK, let's see if I can help you identify some landmarks or find someone to ask.



Huh... Yeah that's a good idea... I'm next to a big building with a sign saying "Bad Spot."



Great!! I know where that building is!! Now I can give you directions to my house!!