



Radical Acceptance vs. Radical Protection

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. Radical Acceptance is a tool for building trusting, authentic relationships, and it becomes possible when we practice NPS balance. It does **not** mean radical agreement or approval—it simply means we accept what another tells us about their experience, and accept our own. Notice where you tend toward acceptance, and where you reach for protection. At any moment you are in a state of **either** Radical Acceptance **or** Radical Protection—never both.

Radical Acceptance is...	Radical Protection is...
Authentic	Performative
A practice of vulnerability	A practice of defensiveness
An exercise in trust	A measure of distrust
Believing another's narrative of their experience	Proving one's narrative of one's own experience
Believing / accepting one's own experience	Ignoring one's experience
An exercise of "Both / And"	An exercise of "Either / Or"
Non-judgmental	Judgmental
Accepting that it "just is"	Focuses on right or wrong
Non-punishing	Punishment-avoidant and/or punishing
Simply stated	Overtalking / justifying
Relationship bridging	Relationship dividing
An invitation to inner-circle relationships	A barrier to inner-circle relationships
A form of open communication	A form of closed communication
Focused on speaking of "I"	Accustomed to speaking of "You"
A means of stating one's experience	A tool to justify one's experience

"We all want the freedom to be ourselves, yet we are most afraid of being ourselves."

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