

RADICAL SELF-ACCEPTANCE THERAPY™

Learn RSAT

A free guide to understanding and practicing Radical Self-Acceptance Therapy.

What if healing didn't mean fixing yourself,
but completing what was left unfinished?

Radical Self-Acceptance Therapy (RSAT) is based on the idea that **at the core of trauma is a disconnection from self**, and that **healing begins by restoring that relationship**.

In this guide, you'll learn the principles that underpin RSAT, understand how fractured parts are created, and discover the process of repairing the relationship with yourself.

A lifelong friendship with yourself.



ORIENTATION

Inside the Guide

The guide moves from understanding the RSAT framework to practicing the six-step process.

01

The Building Blocks of RSAT

Fracturing · Our Fractured Parts · Radical Self-Acceptance · Emotional Completion

02

The RSAT Steps

Find your dot · Find the part · Unlock the emotion · Complete · Deepen · Integrate

All of us fracture. And all of us can heal.

PLEASE READ

A Note Before You Begin

This guide is intended for education and self-reflection. It is not a substitute for psychotherapy, medical care, diagnosis, or treatment.

RSAT invites you to explore emotions and experiences with curiosity and care. Move at your own pace. You do not need to force a memory, emotion, or insight, and you can stop the practice at any time.

If an exercise feels overwhelming, difficult to contain, or brings up material that feels beyond what you can safely work with on your own, consider pausing and seeking support from a qualified mental health professional.

If you are in immediate danger or experiencing a mental health emergency, contact local emergency services or an appropriate crisis service in your area.

The goal is not to push deeper. The goal is to create enough safety and acceptance to stay connected with yourself.

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THE FRAMEWORK

The Building Blocks of RSAT

Understanding RSAT begins with four simple ideas: how we become disconnected from ourselves, what happens to the parts we leave behind, the relationship that allows those parts to heal, and the central task of completing the emotions they still carry.

01**FRACTURING**

The Core Injury

02**FRACTURED PARTS**

What Remains

03**RADICAL SELF-ACCEPTANCE**

The Healing Approach

04**EMOTIONAL COMPLETION**

The Central Task

THE CORE INJURY

Fracturing

When our emotions become too overwhelming to face alone, or experiencing them threatens our sense of belonging, we naturally disconnect from the parts of ourselves carrying those emotions.

RSAT refers to this protective process as **fracturing**.

A fracture is not a flaw or something broken within you. It is a natural adaptation to difficult experiences.

One way fracturing occurs is through a conflict between two fundamental human needs: **attachment and authenticity**.

Attachment is our instinct to connect, belong, and feel safe with others. Authenticity is our instinct to know our own truth and express it.

When these needs work together, we can remain connected to others while also remaining connected to ourselves. But when they collide, attachment often wins. If experiencing or expressing our emotions, needs, or authentic self threatens an important relationship, we may disconnect from those parts of ourselves in order to preserve connection.

This isn't a conscious choice. It's a protective adaptation.

The relationship with others may be preserved, but the relationship with ourselves begins to fracture.

RSAT heals by creating an inner environment where attachment and authenticity can exist together. We no longer have to choose between belonging and being ourselves.

All of us fracture. And all of us can heal.

WHAT REMAINS

Our Fractured Parts

The difficult experience may pass, but the fractured part remains.

Fractured parts are the parts of ourselves we became disconnected from during difficult experiences. They remain separated from the rest of us, carrying incomplete emotions and unmet needs from the original experience.

Until that relationship is restored, fractured parts continue trying to express themselves and have their needs met in the only ways they know how.

This is why we may experience recurring patterns, persistent emotions, relationship difficulties, anxiety, self-criticism, symptoms, or behaviours that don't seem to make sense.

RSAT doesn't see these experiences as the problem. Instead, they are meaningful expressions of fractured parts trying to reconnect with us.

FRACTURED PARTS ARE VERSIONS OF OURSELVES CONNECTED TO A PARTICULAR AGE OR PERIOD IN OUR LIVES

our baby self, our ten-year-old self, our adolescent self, the version of ourselves in our twenties who went through a divorce, the version of ourselves from last week who couldn't speak up, or the version of ourselves from a period when it didn't feel safe to fully show up in relationships.

THE HEALING APPROACH

Radical Self-Acceptance

Healing begins with acceptance, not fixing.

When a part of us is carrying pain, our first instinct is often to make it go away. We judge it, avoid it, distract ourselves from it, or try to replace it with something more acceptable.

RSAT takes a different approach.

Rather than trying to change the fractured part, we begin by changing our relationship with it.

Fractured parts don't heal because we understand them intellectually. They heal because they finally experience what was missing when they first became fractured.

A fractured part needs to know:

- 01 **I am seen exactly as I am.**

- 02 **I am accepted unconditionally.**

- 03 **I am not alone. I am stayed with.**

This is what RSAT means by **radical self-acceptance**. It is the willingness to remain in relationship with every part of ourselves, especially the parts we have rejected, feared, or abandoned.

When these conditions are present, fractured parts no longer need to protect themselves in the same way. They begin to feel safe enough to reconnect, creating the conditions for the emotions they carry to finally reach completion.

THE CENTRAL TASK

Emotional Completion

Emotions heal through completion.

When a part of us becomes fractured, the emotions it was carrying often remain incomplete. Fear, grief, shame, anger, loneliness, or helplessness may never have had the opportunity to be fully experienced, expressed, or resolved.

These unfinished emotional experiences don't simply disappear. They remain with the fractured part, continuing to seek completion through recurring patterns, persistent emotions, symptoms, and relationship difficulties.

When a fractured part feels seen, accepted, and no longer alone, something begins to change. The relationship is restored, creating the safety for the emotions it has been carrying to finally move toward completion.

This is the central task of RSAT.

By creating the conditions for incomplete emotions to reach completion, fractured parts no longer need to keep asking for our attention in the same way. As emotional completion occurs, healing and reconnection become possible.

PRACTICE

The RSAT Steps

A clear process for moving from a present-day pattern toward the fractured part beneath it, completing the emotions it carries, and integrating the change.

- 1 Identify Your "You Are Here" Dot on the Map**

- 2 Use the Six-Question Somatic Inquiry to Access the Fractured Parts**

- 3 Unlock the Fractured Part's Emotion**

- 4 Complete the Emotion You've Unlocked with the Completion Dialogues**

- 5 Excavate Deeper Emotions Within the Fracture with the Deepener Dialogues**

- 6 Integrate All the Positive Changes into Your Unconscious Mind and Daily Life**

STEP 1

Identify Your "You Are Here" Dot on the Map

Choose one pattern, symptom, emotion, or recurring difficulty that you would like to understand.

This is your **"You Are Here"** dot—the starting point that will guide you toward the fractured part beneath it.

EXAMPLES

- A strong emotion (anxiety, overwhelm, sadness...)
- A recurring relationship conflict
- An unhealthy habit
- A core belief (I am not good enough, not important enough, don't have control...)
- A quality in yourself you had to abandon (your voice, your strength, your playfulness...)
- A current life struggle
- A physical condition (pain, illness, uncomfortable sensation)
- A stuck pattern (perfectionism, people pleasing, chronic self-doubt)

BEFORE YOU CONTINUE

Choose one present-day pattern or experience you'd like to understand.

That's your "You Are Here" dot.

STEP 2

Use the Six-Question Somatic Inquiry to Access the Fractured Parts

Using your “You Are Here” dot as a starting point, gently explore your experience using the **Six-Question Somatic Inquiry**.

Rather than thinking about the problem, become curious about how you experience it.

Ask yourself:

- 01Where do you feel it in your body?
- 02What does it feel like? (tight, heavy, hot, hollow...)
- 03What colour is it?
- 04What shape does it have?
- 05What texture does it have?
- 06How old does this experience feel in its original version?

There are no right or wrong answers. Trust the first response that comes to mind. Each question takes you beneath the surface, helping you move from the present-day pattern to the fractured part beneath it. This six-question inquiry is the way RSAT guides you from the “You Are Here” dot toward the fracture.

BEFORE YOU CONTINUE

Have you found the part beneath your pattern?

You don't need to understand it yet. Simply notice who or what you've found.

STEP 3

Unlock the Fractured Part's Emotion

Begin by getting curious about how they are feeling. Start with the emotion that is most accessible, the one at the **“top of the pile.”**

Ask yourself:

“What emotion is this part feeling?”

You can also ask the part directly.

You don't need to solve the problem or make the emotion go away. Your only task is to identify what the part is feeling.

Sometimes, what comes up first isn't an emotion. It may be a thought, belief, perception, or description of the part's experience. When this happens, become curious about the **emotion at the center of that experience.**

FOR EXAMPLE

The part says: “Nobody likes me.”

This is a perception, not an emotion. Ask:

“What emotion is at the center of feeling like nobody likes you?”

Perhaps it's sadness, loneliness, shame, or helplessness.

The part says: “I feel like there's no hope.”

Even though it begins with “I feel,” hopelessness may be describing the part's experience rather than identifying the emotion underneath it.

Ask:

“What emotion is at the center of feeling like there's no hope?”

Perhaps it's fear, sadness, grief, or helplessness.

Don't worry about finding the “right” emotion. Stay curious and allow the part to show you what it is carrying.

BEFORE YOU CONTINUE

Can you name the emotion this part is feeling?

That's all you need before moving to the next step.

STEP 4

Complete the Emotion You've Unlocked with the Completion Dialogues

Once you've identified the emotion your fractured part is carrying, your role is not to fix it, change it, or make it go away.

Your role is to stay with it.

Using the Completion Dialogues, help the part feel seen, accepted, and supported as the emotion moves toward completion.

THE COMPLETION DIALOGUES

1. SEE	“I can see that you're feeling (emotion). It makes sense. Anybody would feel this way.”
2. ACCEPT	“Your feeling of (emotion) is important. It's welcome, and there is lots of space for it.”
3. STAY	“You don't have to feel this (emotion) alone. I am here with you, and I am going to stay.”
4. BE CURIOUS	“What's the next emotion? Tell me more.”

As each new emotion emerges, repeat the dialogues until no further emotions arise and the part begins to feel relief. This repeated process of helping emotions move to completion is the central task of RSAT.

BEFORE YOU CONTINUE

Has the emotion softened, shifted, or completed?

STEP 5

Excavate Deeper Emotions Within the Fracture with the Deepener Dialogues

The Completion Dialogues help fractured parts complete the emotions they have been carrying. The Deepener Dialogues go one step further by exploring **the undercurrent of the relationship** between you and the fractured part.

Rather than focusing only on the part's emotions, this step invites you to notice **how you feel toward the fractured part, and how the fractured part feels in response to you.**

These emotions often reveal the deepest layers of the fracture. By bringing them into awareness and completing them, the relationship between you and the fractured part can begin to heal.

DEEPENER 1

Ask yourself:

How do I feel about this fractured part?

Is there an emotion toward them, however small, that is not positive or neutral?

DEEPENER 2

Then ask the fractured part:

How do you feel in response to my emotion toward you?

Complete the emotion that arises for the fractured part using the Completion Dialogues from Step 4. Repeat the Deepener Dialogues as needed until your emotions toward the fractured part are positive or neutral. If your emotions are already positive or neutral but the fractured part still has incomplete emotions toward you, continue completing those emotions until they feel resolved.

If the fractured part still has emotions in response to you, complete those before moving on.

BEFORE YOU CONTINUE

Have your emotions toward the fractured part become positive or neutral?

Take a moment to notice how this shift feels in your body.

STEP 6

Integrate All the Positive Changes into Your Unconscious Mind and Daily Life

Begin by noticing how your fractured part feels now. What has changed? Perhaps they seem calmer, lighter, more relaxed, or more at ease.

Now turn your attention to your own body.

Where do you notice these positive changes within yourself?

Take a few moments to experience these sensations. Describe them to yourself, allowing them to become more familiar.

Next, return to your original **“You Are Here”** dot.

How has it changed? Notice any shifts in your thoughts, emotions, or the way the pattern now feels.

Finally, imagine yourself bringing this new experience into a future situation where it will be helpful. Picture yourself responding with the same sense of presence, acceptance, and connection you've created today.

These simple practices help strengthen the changes you've made and carry them into your daily life.

BEFORE YOU FINISH

Healing isn't about getting rid of fractured parts. It's about creating an inner relationship where every part of you knows it is seen, accepted, and never has to be alone again.

CONTINUE

Continue Your RSAT Journey

This guide is a beginning.

For a deeper exploration of Radical Self-Acceptance Therapy and how it can help you repair your inner relationship and release trauma, you can purchase the book *Unfractured: Becoming Whole Again with Radical Self-Acceptance Therapy™ (RSAT)*, available on Amazon and many of your favorite bookstores.

READ THE BOOK

Unfractured: Becoming Whole Again with Radical Self-Acceptance Therapy™ (RSAT)

MORE RSAT PRACTICE RESOURCES ARE COMING

New exercises, guided practices, courses, and additional tools will continue to be added through Therapy Beyond The Couch.

therapybeyondthecouch.com

A lifelong friendship with yourself.