

ACCEPTS Skills for Distraction and Distress Tolerance:

Skill:

My Ideas/ Response:

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| <p>Activity: Engage in a pleasurable hobby</p> | |
| <p>Contribute: Do something nice for someone else</p> | |
| <p>Compare: Think about another time you were in a challenging situation and how you handled it</p> | |
| <p>Emotions (Opposite): Engage in activity the creates the opposite emotion (Sad—Happy; Angry—Calm, etc.)</p> | |
| <p>Push Away: Use imagery to mentally see yourself pushing away the negative event/situation</p> | |
| <p>Thoughts: Counting, Reading, Memorizing</p> | |
| <p>Sensations: Engage your senses (ex. Hot/Cold Shower, Ice cubes, Sweet/Sour food, etc.)</p> | |