

Can evoke a different
emotion or feeling
state.

ACCEPTS

Activities I can distract myself with:

I can distract myself with Contributions of doing something for others, the environment, or myself by:

Choices I can distract myself with:

Positive Emotions I can distract myself with:

I can Push Away stress by:

Thoughts I can distract myself with:

Sensations I can distract myself with:

