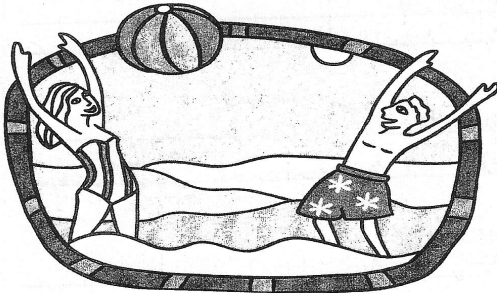


Distress Tolerance Skills

ACCEPTS

This acronym is designed to distract you from difficulties or stress. Fully participate in each letter as a way to get a break from what you find hard to deal with in the moment. Once you have had a break and feel grounded return to the difficulty to solve or manage it more effectively.



- A = Activities
- C = Contributions
- C = Choices *Compassions*
- E = Emotions
- P = Pushing Away
- T = Thoughts
- S = Sensations

Activities: Reading, exercising, watching TV, or something fun, etc.

Contributions: Do something for yourself, others, or your surroundings.

Choices: Choose your thoughts, feelings, and behaviors wisely.

Emotions: Find ways to increase your positive emotions.

Pushing Away: Emotionally or physically push away the crisis or stress.

Thoughts: Shift your thinking towards something enjoyable.

Sensations: Get grounded in what you are feeling in your body.

D.B.T. in Life™