

DBT suggests that there are times when we cannot change a situation/circumstance, and instead of solving the problem we need to tolerate the moment. DBT suggests a number of distress tolerance skills to tolerate the moment. A way to remember this skill specifically is the word **ACCEPTS**.

Comparisons

Compare how you are feeling now to a time when you felt different. Think about people coping the same as you or less well than you. Compare yourself to those less fortunate. Watch reality shows about others' troubles; read about disasters, others' suffering.

Practice

Instructions: List between five and ten times in your life; or periods in the lives of others, which you could use to compare:

1:

2:

3:

4:

5:

6:

7:

8:

9:

10:

Continue to the next page...



Instructions: During the week, when situations arise wherein you feel very emotional, practice this skill, and document the circumstances below.

Situation 1:

Describe the situation:

Activity chosen:

How did you feel *before* you used the activity to distract & how intense was the emotion?

How did you feel *after* you used the activity to distract & how intense was the emotion?

Situation 2:

Describe the situation:

Activity chosen:

How did you feel *before* you used the activity to distract & how intense was the emotion?

How did you feel *after* you used the activity to distract & how intense was the emotion?
