



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**.

Contributing

Find volunteer work to do. Help a friend or family member. Surprise someone with something nice (a card, a favor, a hug). Give away things you don't need. Call or send an instant message encouraging someone or just saying hi. Make something nice for someone else. Do something thoughtful.

Practice

Instructions: List between five and ten activities that you could use to contribute to the lives of others:

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?
