



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**.

Sensations

Squeeze a rubber ball very hard. Listen to very loud music. Hold ice in your hand or mouth. Go out in the rain or snow. Take a hot or cold shower.

Practice

Instructions: List between five and ten sensations you would be willing to try that would help distract you:

1: _____

2: _____

3: _____

4: _____

5: _____

6: _____

7: _____

8: _____

9: _____

10: _____

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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?
