

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**.

## Thoughts

Count to 10; count colors in a painting or poster or out the window; count anything. Repeat words to a song in your mind. Work puzzles. Watch TV or read.

## Practice

**Instructions:** List 5 or 10 things (activities) that would help focus your mind on other things:

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:

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Activity chosen:

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

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

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### Situation 2:

Describe the situation:

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Activity chosen:

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

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

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