

## Distress Tolerance Skills: ACCEPTS

Use when having urges or intense emotions or panic. These are temporary skills just to reduce intensity and/or not to make things worse.

**A**ctivities: What activities can you do to temporarily distract you? Pick something that makes you focus. (*clean, dance, arts and crafts, tv, movies, color, exercise, call someone, music*)

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**C**ontributing: Helping others will reduce your distress. (*write letters to soldiers, cards to sick kids in the hospital, help elderly, volunteer, compliment others, go pay for someone's food*) What are options can you do?

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**C**onnection: Talking to others will increase your sense of connection and reduce stress. Call or go meet with people who your enjoy. (*friend, family members, therapist, coworker, crisis line, neighbor*)  
Who can you call ? \_\_\_\_\_

**E**motions: Do something that will create different emotions than you feel. (*watch funny videos, comedy movie, pictures of people you love, meme's, music*) What can you do? \_\_\_\_\_

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**P**ush Away: Temporarily put your stress on the shelf until you can focus on it later, no more than 8 hrs  
What does your imaginary shelf look like? \_\_\_\_\_

**T**houghts: Do something that you have to concentrate on to distract you temporarily. It has to be something that really grabs your attention. (*sudoku, math problems, multiply by 7, crosswords*).  
What are your ideas? \_\_\_\_\_

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**S**ensations: Engaging in other senses can help distract your mind and lessen intensity. How will you use your senses (*taste, touch, smell, sight, sound*) to distract?

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