

Distress Tolerance Handout 9

Accepting Reality

Focusing



One way to use your *Wise Mind* is to focus on what you are doing. Try to accept yourself as you are and pay attention to what is going on in your world.

Here are some good ways and times to do this:



1. Pay attention to your body

Take a few minutes and focus on where your body is and what it is doing. Use breathing to help you focus.

2. Pay attention when you are eating

Eat (or drink) very slowly. Put small pieces of food in your mouth and experience the taste and the texture of the food. Notice what the food (or drink) is like.

3. Pay attention while taking a shower or a bath

Take a warm shower or bath. Wash yourself slowly. Use your breathing to help you focus on washing yourself.

4. Pay attention when doing homework

Use your breathing to help you focus. Do your work slowly and carefully, paying attention to the instructions and the questions.

