

Distress Tolerance Handout 8

Accepting Reality



Half-Smiling

One way to use your *Wise Mind* is to relax your whole body and softly smile. Pretend you are sleeping and keep that look on your face.

Here are some good times to do this:

1. When you wake up in the morning

As you wake up, lie in your bed for a few minutes and put the gentle smile on your face.

2. When you are listening to music

Pay attention to the words and the music, relax your body, and gently smile.



3. When you are angry

Try to relax your body and focus on the half-smile you put on your face.

4. When you are lying or sitting down

Relax your body, take some deep breaths, and gently smile.

