

Distress Tolerance Handout 5

Review Ways to Survive Painful Times

Distract with "Wise Mind ACCEPTS"



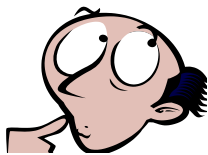
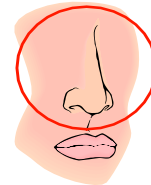
- Activities
- Contributing
- Comparisons
- Emotions
- Pushing Away
- Thoughts
- Sensations



Calm Yourself With Your Senses



- Seeing
- Hearing
- Smelling
- Tasting
- Touching



Think About Your Choices
Make a list of choices and consequences

