

Distress Tolerance Handout 3

Ways to Survive Painful Times

Distract yourself from painful emotions by remembering

"Wise Mind ACCEPTS"



Activities
Contributing
Comparisons
Emotions
Pushing Away
Thoughts
Sensations



Activities: Do something!

Play games, exercise, do your favorite hobby, talk with friends, talk with your therapist, read a good book, List your own example_____.

Contribute: Do something for others.

Help others; make a card for a friend, List your own example_____.

Compare: Look at other people.

Look at how others have handled similar situations; look at how other people are doing now, watch a soap opera, List your own example_____.

Opposite Emotions: Feel differently.

Do things to make you feel differently: read joke books, watch funny movies, watch scary movies, listen to music, play a game, _____.

Push Away: Keep yourself safe.

Push the situation away; imagine a wall in front of you to keep you away from the bad situation, _____.

Thoughts: Think about something else.

Think about other things, count from 100 backwards, watch TV, do math problems, look at a picture, _____.

Sensations: Do something to distract your body. Hold ice, squeeze a stress ball, take a hot bath, play with play-doh, and take deep breaths,_____.

