DBT suggests that there are times when we cannot change a situation/circumstance, and instead of solving the problem we need to tolerate the moment. DBT suggests a number of distress tolerance skills to tolerate the moment. A way to remember this skill specifically is the word **ACCEPTS**.

**Sensations**
Squeeze a rubber ball very hard. Listen to very loud music. Hold ice in your hand or mouth. Go out in the rain or snow. Take a hot or cold shower.

**Practice**

**Instructions:** List between five and ten sensations you would be willing to try that would help distract you:

1: ____________________________________________________________

2: ____________________________________________________________

3: ____________________________________________________________

4: ____________________________________________________________

5: ____________________________________________________________

6: ____________________________________________________________

7: ____________________________________________________________

8: ____________________________________________________________

9: ____________________________________________________________

10: ____________________________________________________________

*Continue to the next page...*
Instructions: During the week, when situations arise wherein you feel very emotional, practice this skill, and document the circumstances below.

Situation 1:
Describe the situation:

__________________________________________________________

Activity chosen:

__________________________________________________________

How did you feel before you used the activity to distract & how intense was the emotion?

__________________________________________________________

How did you feel after you used the activity to distract & how intense was the emotion?

__________________________________________________________

Situation 2:
Describe the situation:

__________________________________________________________

Activity chosen:

__________________________________________________________

How did you feel before you used the activity to distract & how intense was the emotion?

__________________________________________________________

How did you feel after you used the activity to distract & how intense was the emotion?

__________________________________________________________