

Distress Tolerance Skills

Distraction (A.C.C.E.P.T.S.)

Negative feelings will usually pass, or at least lessen in intensity over time. It can be valuable to distract yourself until the emotions subside. The acronym "A.C.C.E.P.T.S." serves as a reminder of this idea.

Activities	Engage in activities that require thought and concentration. This could be a hobby, project, work, or school.
Contributing	Focus on someone or something other than yourself. You can volunteer, do a good deed, or do anything else that will contribute to a cause or person.
Comparisons	Look at your situation in comparison to something worse. Remember a time when you were in more pain, or when someone else was going through something more difficult.
Emotions	Do something that will create a competing emotion. Feeling sad? Watch a funny movie. Feeling nervous? Listen to soothing music.
Pushing away	Do away with negative thoughts by pushing them out of your mind. Imagine writing your problem on a piece of paper, crumpling it up, and throwing it away. Refuse to think about the situation until a better time.
Thoughts	When your emotions take over, try focusing on your thoughts. Count to 10, recite a poem, or read a book.
Sensations	Find safe, physical sensations to distract you from intense negative emotions. Wear a rubber band and snap it on your wrist, hold an ice cube in your hand, or eat something sour.