

NAME: _____

DATE: _____ CLASS: _____

DISTRESS TOLERANCE SKILLS: DISTRACT WITH "ACCEPTS"

Write down at least two specific ACCEPTS skills to practise during the week when you are experiencing a crisis or urge to act on an emotion (e.g. for Activities, play video games; for Contributing, baking cakes for friends).

ACTIVITIES: _____

CONTRIBUTING: _____

COMPARISONS: _____

EMOTIONS: _____

PUSHING AWAY: _____

THOUGHTS: _____

SENSATIONS: _____

Briefly describe the stressful situation/s you were in when you chose to practise your skill/s: _____

Do you think that practising the skill/s helped? Yes / No / Unsure

If yes, describe how it helped: _____

If no, describe why you think it didn't help: _____