

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.

A ctivities	Engage in activities that require thought and concentration. This could be a hobby, a project, work, or school.
C ontributing	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.
C omparisons	Look at your situation in comparison to something worse. Remember a time you were in more pain, or when someone else was going through something more difficult.
E motions	Do something that will create a competing emotion. Feeling sad? Watch a funny movie. Feeling nervous? Listen to soothing music.
P ushing 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.
T houghts	When your emotions take over, try to focus on your thoughts. Count to 10, recite a poem in your head, or read a book.
S ensations	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 like a lime.