

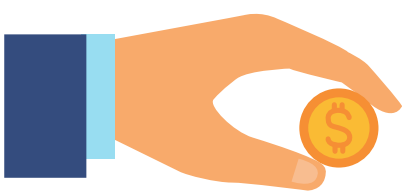
ACCEPTS

A Distress Tolerance Skill used to temporarily distract from unpleasant emotions .



A ACTIVITIES

Engage in activities that require thought, concentration, and will get your blood pumping. This could be anything from doing a hobby you enjoy to intense exercise.



C CONTRIBUTE

Focus on someone or something other than your current situation. Do a random act of kindness, volunteer, or anything else that might contribute to a good cause.



C COMPARE

Compare your situation to something worse. Remember a time when you were in more distress or compare your situation to someone else going through something more difficult.



E EMOTIONS

Do something that will create a competing emotion. Watch a scary movie, have someone tell you a funny story, listen to calming music.



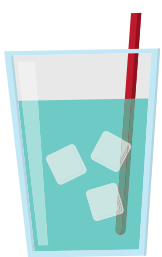
P PUSHING AWAY

Do away with the 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.



T THOUGHTS

When your emotions feel overwhelming, change your focus to your logical thoughts. Count to ten, recite a poem in your head, read a book, sing a song.



S SENSATIONS

Find physical sensations to distract you from intense negative emotions. Hold an ice cube, eat something sour, rub something soft against your cheek.

SUNRISE

REAL. LIFE. CHANGE.