

# DISTRESS TOLERANCE HANDOUT 7



(Distress Tolerance Worksheets 5–5b)

## Distracting

A way to remember these skills is the phrase “**Wise Mind ACCEPTS.**”

### With **A**ctivities:

- |  |  |
|--|--|
| <input type="checkbox"/> Focus attention on a task you need to get done. | <input type="checkbox"/> Go out for a meal or eat a favorite food. |
| <input type="checkbox"/> Rent movies; watch TV.                          | <input type="checkbox"/> Call or go out with a friend.             |
| <input type="checkbox"/> Clean a room in your house.                     | <input type="checkbox"/> Listen to your iPod; download music.      |
| <input type="checkbox"/> Find an event to go to.                         | <input type="checkbox"/> Build something.                          |
| <input type="checkbox"/> Play computer games.                            | <input type="checkbox"/> Spend time with your children.            |
| <input type="checkbox"/> Go walking. Exercise.                           | <input type="checkbox"/> Play cards.                               |
| <input type="checkbox"/> Surf the Internet. Write e-mails.               | <input type="checkbox"/> Read magazines, books, comics.            |
| <input type="checkbox"/> Play sports.                                    | <input type="checkbox"/> Do crossword puzzles or Sudoku.           |
|  | <input type="checkbox"/> Other: _____                              |

### With **C**ontributing:

- |   |   |
|---|---|
| <input type="checkbox"/> Find volunteer work to do.                                     | <input type="checkbox"/> Call or send an instant message encouraging someone or just saying hi. |
| <input type="checkbox"/> Help a friend or family member.                                | <input type="checkbox"/> Make something nice for someone else.                                  |
| <input type="checkbox"/> Surprise someone with something nice (a card, a favor, a hug). | <input type="checkbox"/> Do something thoughtful.   |
| <input type="checkbox"/> Give away things you don't need.                               | <input type="checkbox"/> Other: _____   |

### With **C**omparisons:

- |   |   |
|---|---|
| <input type="checkbox"/> Compare how you are feeling now to a time when you felt different. | <input type="checkbox"/> Compare yourself to those less fortunate.  |
| <input type="checkbox"/> Think about people coping the same as you or less well than you.   | <input type="checkbox"/> Watch reality shows about others' troubles; read about disasters, others' suffering. |
|   | <input type="checkbox"/> Other: _____   |

### With different **E**motions:

- |   |   |
|---|---|
| <input type="checkbox"/> Read emotional books or stories, old letters.  | <i>Ideas:</i> Scary movies, joke books, comedies, funny records, religious music, soothing music or music that fires you up, going to a store and reading funny greeting cards. |
| <input type="checkbox"/> Watch emotional TV shows; go to emotional movies.                                    |   |
| <input type="checkbox"/> Listen to emotional music.<br><i>(Be sure the event creates different emotions.)</i> |   |
|   | <input type="checkbox"/> Other: _____   |

### With **P**ushing away:

- |  |  |
|--|--|
| <input type="checkbox"/> Push the situation away by leaving it for a while.          | <input type="checkbox"/> Notice ruminating: Yell “No!”                                   |
| <input type="checkbox"/> Leave the situation mentally.                               | <input type="checkbox"/> Refuse to think about the painful situations.                   |
| <input type="checkbox"/> Build an imaginary wall between yourself and the situation. | <input type="checkbox"/> Put the pain on a shelf. Box it up and put it away for a while. |
| <input type="checkbox"/> Block thoughts and images from your mind.                   | <input type="checkbox"/> Deny the problem for the moment.                                |
|  | <input type="checkbox"/> Other: _____  |

### With other **T**houghts:

- |   |  |
|---|--|
| <input type="checkbox"/> Count to 10; count colors in a painting or poster or out the window; count anything. | <input type="checkbox"/> Work puzzles.     |
| <input type="checkbox"/> Repeat words to a song in your mind.   | <input type="checkbox"/> Watch TV or read. |
|   | <input type="checkbox"/> Other: _____      |

### With other **S**ensations:

- |   |  |
|---|--|
| <input type="checkbox"/> Squeeze a rubber ball very hard. | <input type="checkbox"/> Go out in the rain or snow. |
| <input type="checkbox"/> Listen to very loud music.       | <input type="checkbox"/> Take a hot or cold shower.  |
| <input type="checkbox"/> Hold ice in your hand or mouth.  | <input type="checkbox"/> Other: _____                |