








## **DISTRACT WITH A.C.C.E.P.T.S**

<p><b><u>ACTIVITY- DO SOMETHING</u></b></p>	<p>Fill your short term memory with an activity that elicits an emotion other than the current distressful one.</p>
<p><b><u>CONTRIBUTING-GIVE BACK</u></b></p>	<p>Give back to others. Do something kind for someone. Fill your mind with thoughts others, how you can help etc.</p>
<p><b><u>COMPARISONS- COMPARE TO THE LESS FORTUNATE</u></b></p>	<p>Think of times that you were doing worse, others that are coping less well/the same as you. Practice gratitude.</p>
<p><b><u>EMOTIONS- CREATE A DIFFERENT EMOTION</u></b></p>	<p>Actively create a different emotion than the one you are feeling. Funny/Humor is a 1 size fits all emotion.</p>
<p><b><u>PUSHING AWAY-SHELVE YOUR PROBLEM</u></b></p>	<p>Push the problem out of your mind temporarily. Set a time to come back to it.</p>
<p><b><u>THOUGHTS-DISTRACT YOUR THOUGHTS</u></b></p>	<p>What activities distract your mind? Puzzles, tv, cleaning? Counting backwards?</p>
<p><b><u>SENSATIONS</u></b></p>	<p>Change your emotion by eliciting other sensations such as cold, warm, smells etc.</p>

Adapted from Marsha Linehan's Dialectical Behavioral Skills Training Manual (2004).

Created by Amanda Gutierrez, Psy. D, Meredith Meyer, M.A., Jenny Evans, M.A, Dara Schwartz, Psy.D, Valerie Alexander, Ph.D., Veronica Campbell, LMFT

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