

# DISTRESS TOLERANCE WORKSHEET 5A

(Distress Tolerance Handout 7)

## Distracting with Wise Mind ACCEPTS

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Practice each distraction skill twice, and describe your experience as follows:

|  | What was the crisis (what prompted needing the skill)? | How much time passed in doing this skill? | Rate before/after skill use   |                                    |                                    |   |
|--|--|---|---|------------------------------------|------------------------------------|---|
|  |  |   | Distress tolerance<br>(0 = I can't stand it;<br>5 = I can definitely survive) | Emotion                            |                                    | Conclusions or questions about this skills practice |
|  |  |   |   | Negative emotion intensity (0-100) | Positive emotion intensity (0-100) |   |
| When did you practice this skill, and what did you do to practice? |  |   |   |                                    |                                    |   |
| <u>A</u> ctivities:  |  |   | /   | /                                  | /                                  |   |
| <u>C</u> ontributions:   |  |   | /   | /                                  | /                                  |   |
| <u>C</u> omparisons:   |  |   | /   | /                                  | /                                  |   |
| <u>E</u> motions:  |  |   | /   | /                                  | /                                  |   |
| <u>P</u> ushing away:  |  |   | /   | /                                  | /                                  |   |
| <u>T</u> houghts:  |  |   | /   | /                                  | /                                  |   |
| <u>S</u> ensations:  |  |   | /   | /                                  | /                                  |   |
|  |  |   | /   | /                                  | /                                  |   |

Adapted from an unpublished worksheet by Seth Axlerod, with his permission.

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this worksheet is granted to purchasers of *DBT Skills Training Handouts and Worksheets, Second Edition*, and *DBT Skills Training Manual, Second Edition*, for personal use and use with individual clients only. (See page ii of this packet for details.)