

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 (0 = I can't stand it; 5 = I can definitely survive)	Emotion		Conclusions or questions about this skills practice
When did you practice this skill, and what did you do to practice?				Negative emotion intensity (0–100)	Positive emotion intensity (0–100)	
<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Adapted from an unpublished worksheet by Seth Axellrod, with his permission.

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