

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			Conclusions or questions about this skills practice
			Distress tolerance (0 = I can't stand it; 5 = I can definitely survive)	Emotion	Emotion	
				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Adapted from an unpublished worksheet by Seth Axelrod, with his permission.

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