

MY ACCEPTS DISTRACT PLAN

Distress Tolerance Skills — Personalized Distraction Toolkit

Name:

Date:

Directions: When emotions feel overwhelming, distraction can help you ride out the wave until the intensity decreases. Fill in your own personal examples for each category below so you have a ready-made plan when you need it most.

A Activities

Do something that requires your attention

MY GO-TO ACTIVITIES:

C Contributing

Do something helpful for someone else

WAYS I CAN HELP OTHERS:

C Comparisons

Put your situation in perspective

REMINDERS THAT HELP ME GAIN PERSPECTIVE:

E Emotions

Generate different feelings (opposite action)

THINGS THAT SHIFT MY MOOD:

P Pushing Away

Temporarily set aside painful thoughts

HOW I CAN MENTALLY "SHELVE" DISTRESS FOR NOW:

T Thoughts

Occupy your mind with other content

THINGS I CAN THINK ABOUT INSTEAD:

S Sensations

Focus on intense physical sensations

PHYSICAL SENSATIONS THAT GROUND ME:
