

DISTRESS TOLERANCE HANDOUT 7



(Distress Tolerance Worksheets 5–5b)

Distracting

A way to remember these skills is the phrase “**Wise Mind ACCEPTS.**”

With Activities:

- Focus attention on a task you need to get done.
 - Rent movies; watch TV.
 - Clean a room in your house.
 - Find an event to go to.
 - Play computer games.
 - Go walking. Exercise.
 - Surf the Internet. Write e-mails.
 - Play sports.
- Go out for a meal or eat a favorite food.
 - Call or go out with a friend.
 - Listen to your iPod; download music.
 - Build something.
 - Spend time with your children.
 - Play cards.
 - Read magazines, books, comics.
 - Do crossword puzzles or Sudoku.
 - Other: _____

With Contributing:

- Find volunteer work to do.
 - Help a friend or family member.
 - Surprise someone with something nice (a card, a favor, a hug).
 - Give away things you don't need.
- Call or send an instant message encouraging someone or just saying hi.
 - Make something nice for someone else.
 - Do something thoughtful.
 - Other: _____

With Comparisons:

- Compare how you are feeling now to a time when you felt different.
 - Think about people coping the same as you or less well than you.
- Compare yourself to those less fortunate.
 - Watch reality shows about others' troubles; read about disasters, others' suffering.
 - Other: _____

With different Emotions:

- Read emotional books or stories, old letters.
- Watch emotional TV shows; go to emotional movies.
- Listen to emotional music.

(Be sure the event creates different emotions.)

Ideas: Scary movies, joke books, comedies, funny records, religious music, soothing music or music that fires you up, going to a store and reading funny greeting cards.

- Other: _____

With Pushing away:

- Push the situation away by leaving it for a while.
- Leave the situation mentally.
- Build an imaginary wall between yourself and the situation.
- Block thoughts and images from your mind.

- Notice ruminating: Yell “No!”
- Refuse to think about the painful situations.
- Put the pain on a shelf. Box it up and put it away for a while.
- Deny the problem for the moment.
- Other: _____

With other Thoughts:

- Count to 10; count colors in a painting or poster or out the window; count anything.
- Repeat words to a song in your mind.

- Work puzzles.
- Watch TV or read.
- Other: _____

With other Sensations:

- Squeeze a rubber ball very hard.
- Listen to very loud music.
- Hold ice in your hand or mouth.

- Go out in the rain or snow.
- Take a hot or cold shower.
- Other: _____