INTEGRATED
treatment solutions

Distress Tolerance — Crisis Survival Skills
Distracting

"Wise Mind ACCEPTS":

Activities — Get moving

Contributing — Do something for someone else

Comparisons — Compare yourself with other people who are coping the same or less well than you – Those who may be less fortunate

Emotions — Expose yourself to the opportunity to experience opposite emotions

Pushing Away — But up a boundary against repetitive thoughts. Push them away.

Thoughts — Count to 10. Replace with other thoughts.

Sensations — With intense other sensations.

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Adapted by "Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance", McKay, Wood and Brantley.