

ACCEPTS DBT Worksheet

Name:	Date:
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<p>ACTIVITIES</p> <p>List the activities that distract you from distress.</p>	
<p>CONTRIBUTING</p> <p>List some things that can help you focus on others instead of your distress.</p>	
<p>COMPARISONS</p> <p>Think of the time when you were in distress and compare it to your current situation to see your resilience.</p>	
<p>EMOTIONS</p> <p>List some ways to create new emotions to distract you from distressing emotions.</p>	
<p>PUSHING AWAY</p> <p>List ways to avoid situations that cause you distress.</p>	
<p>THOUGHTS</p> <p>List activities or strategies to avoid thoughts that cause you distress.</p>	
<p>SENSATIONS</p> <p>List some safe physical sensations that distract you from distressing emotions and thoughts.</p>	