

ACCEPTS Technique Worksheet

Name: _____ Date: _____

Objective: To distract yourself from distressing emotions until they pass using the ACCEPTS acronym, which outlines seven techniques for managing emotional distress.

Initial Prompt: What is a distressing emotion you would like to manage with ACCEPTS?

Your Answer:

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

Note: Remember, the ACCEPTS technique is a tool for distraction, not a solution for long-term emotional challenges. Consult your healthcare provider for tailored treatment options that are right for you.

Feel free to make multiple copies of this worksheet or use it as often as needed. Practicing these strategies can help you become more adept at managing distressing emotions.