

# DISTRESS TOLERANCE HANDOUT 7



(Distress Tolerance Worksheets 5–5b)

## Distracting

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

### With **A**ctivities:

- 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 **C**ontributing:

- 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 **C**omparisons:

- 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 **E**motions:

- 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 **P**ushing 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 **T**houghts:

- 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 **S**ensations:

- 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: \_\_\_\_\_