

# ACCEPTS Skill

## DBT: Distress Tolerance Skills

When you're feeling overwhelmed or distressed, the ACCEPTS skill offers ways to distract yourself until the intense emotions pass. This worksheet helps you plan and practice healthy ways to cope during difficult times.

# A

Activities

### Do activities to stay busy

- Do chores
- Engage in a hobby
- Walk or exercise
- Call a friend
- Go out to eat
- Read
- Watch a show or movie
- Spend time with others
- Play games or sports

# C

Contributing

### Shift the focus by helping others

- Send a kind text
- Volunteer
- Surprise someone with something nice
- Make a donation
- Express gratitude
- Help a friend
- Give someone support

# C

Comparisons

### Change perspectives by making comparisons

- Think about others coping similarly (or less well) than you
- Compare your current struggle to a time in the past
- Consider ways the situation could be much more difficult

# E

Emotions

### Do something to create different emotions

- Read emotional stories
  - Watch emotional shows or movies
  - Listen to emotional music
- Be sure to create emotions that are different from your distress. Leaning into your distress with emotionally matching media may make it stronger.*

# P

Pushing Away

### Mentally set aside the distressing situation

- Imagine placing your problem in a mental box and closing it for now
- Catch your mind returning to the distressing situation and say, "No"
- Push the problem away; know it will still be there later, when you're calm

# T

Thoughts

### Focus your mind on something else

- Count down from 100
- Count objects of one color
- Do crossword puzzles or sudoku
- Repeat song lyrics in your mind
- List as many names, foods, places, etc. as possible starting with the same letter

# S

Sensations

### Use intense physical sensations to ground yourself

- Hold a piece of ice
- Go out in the rain or snow
- Take a cold shower
- Listen to loud music
- Do bodyweight exercises
- Drink/eat something cold in a hot bath

\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



Use this page to record your practice of the ACCEPTS Skill.

Describe the stressful situation. What happened and how are you feeling?	Which ACCEPT skill did you try?	Rate the effectiveness of the skill	Notes
	<input type="checkbox"/> Activities <input type="checkbox"/> Contributing <input type="checkbox"/> Comparisons <input type="checkbox"/> Emotions <input type="checkbox"/> Pushing Away <input type="checkbox"/> Thoughts <input type="checkbox"/> Sensations	☆☆☆☆☆	
	<input type="checkbox"/> Activities <input type="checkbox"/> Contributing <input type="checkbox"/> Comparisons <input type="checkbox"/> Emotions <input type="checkbox"/> Pushing Away <input type="checkbox"/> Thoughts <input type="checkbox"/> Sensations	☆☆☆☆☆	
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Scan or [click here](#) to learn more about DBT:

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# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





# Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

## [Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



## [Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.