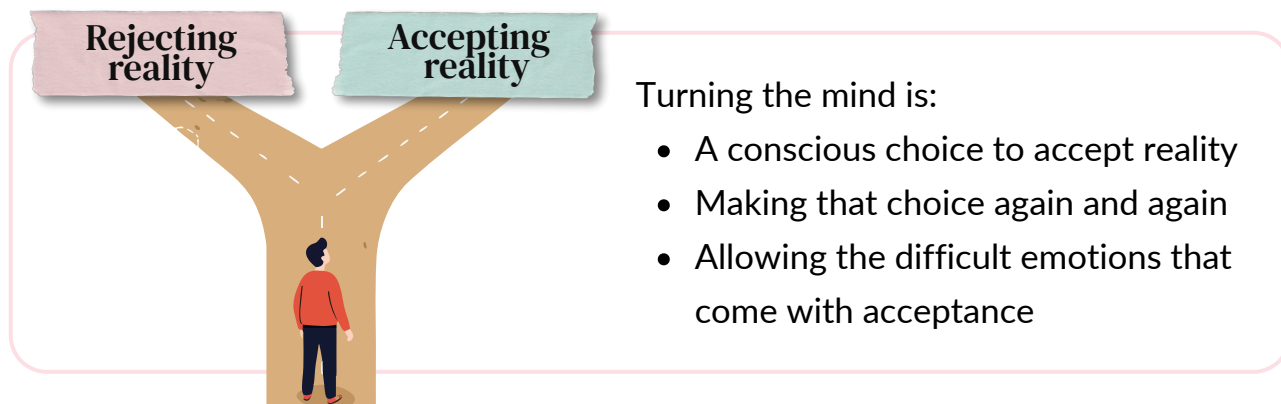


Turning the Mind

DBT: Distress Tolerance Skills

Turning the mind in **Dialectical Behavior Therapy (DBT)** means consciously choosing to accept reality. This worksheet explains the concept and guides you through turning the mind about a current problem. The second page shows an example entry and the third page is blank for you to complete.



There are lots of ways we try to reject painful realities.

- We might **protest**, saying that the situation is unfair, or it shouldn't be that way.
- We might **question everything**, wondering why the situation is happening, what we've done to deserve it, or why it's happening to us in particular.
- We might **push it away** with bitterness, annoyance, or resentment.
- We might **ignore** the situation or our feelings ("That stuff doesn't bother me. It doesn't matter.").

These reactions make sense. Life can be very painful, and trying to escape pain is natural! Deep pain can lead many people to question their reality, their worth, and the safety and fairness of the world.

- AND -

Turning the mind (consciously choosing to radically accept rather than reject reality) can reduce suffering. Radical acceptance is acknowledging* the truth of a situation rather than protesting it, questioning it, pushing it away, or ignoring it. It sounds like:

- "I accept that I can't change the past."
- "I really don't like this situation, but it happened."
- "I can admit that the situation really hurt me or made me upset."

To turn the mind towards acceptance:



Notice you are rejecting reality
(Protesting, questioning, pushing away, ignoring)



Choose to accept, over and over
Imagine purposely taking the first step away from rejection



Remind yourself of your choice
When you feel yourself drifting towards rejection

*Acknowledging and accepting reality is not the same as liking it, approving of a situation, endorsing it, giving up, etc. See our [Intro to Radical Acceptance worksheet](#) for more clarity.

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



Use these pages to practice turning the mind with a current struggle. This page shows an example and the next is blank.

What is the situation you are struggling with?

My job of the last three years is awful. Draining, exhausting, frustrating. Customer service is the worst. I just went through so many interviews for a new office job. I thought I was interviewing really well - I got so many rounds in. But last week I got a rejection email.

Have you been trying to escape or reject reality (even without knowing it)?

- Protesting: _____
- Questioning: *I asked if the email was for someone else. I was SURE I had it.*
- Pushing it away: *They encouraged me to apply for another position, but I decided not to immediately.*
- Ignoring it: *My roommate asked me about the job, but I tried to talk about other things instead.*
- Other: _____

What is making this situation so painful?

I was SO excited to leave my current job. I was already imagining how much better life would be. And now it's like that was taken away. I also thought I had really impressed them. I guess I wasn't as impressive as I thought.

What do you need to accept?

That particular job is not going to happen. They rejected me. I'll have to work at my current job until I land another one. It might take a while. I'll have to keep enduring my current job.

What phrase can remind you of your choice to accept when you feel an urge to reject again?

*You can't change the past, but you can change the future.
It didn't work out THIS time.*

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Turning the Mind

DBT: Distress Tolerance Skills

Use this page to practice turning the mind with a current struggle.

What is the situation you are struggling with?

Have you been trying to escape or reject reality (even without knowing it)?

- Protesting:
- Questioning:
- Pushing it away:
- Ignoring it:
- Other:

What is making this situation so painful?

What do you need to accept?

What phrase can remind you of your choice to accept when you feel an urge to reject again?

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



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.