

# Distress Tolerance Handout 5

## Review Ways to Survive Painful Times

### Distract with "Wise Mind ACCEPTS"



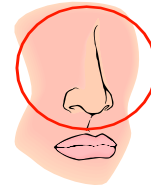
- Activities
- Contributing
- Comparisons
- Emotions
- Pushing Away
- Thoughts
- Sensations



### Calm Yourself With Your Senses



- Seeing
- Hearing
- Smelling
- Tasting
- Touching



### Think About Your Choices

Make a list of choices and consequences

