

ACCEPTS

How to use ACCEPTS

Distressing emotions may seem impossible to cope with in the heat of the moment. However, with time, these emotions will lessen in intensity, and eventually fade away, as do all emotions. ACCEPTS outlines seven techniques for distracting yourself from distressing emotions until they pass and you're more ready to make a decision, complete an action, or determine your reaction to a situation.

Activities - Engage in an activity that requires focus and concentration.

Activities I will do:

Contributing - Do something that allows you to focus on another person.

Things I can do for others:

Comparisons - Put your current situation into perspective by comparing it to a more distressing situation

More distressing situations:

Emotions - Do something to create a new emotion to serve as a distraction from distressing emotions.

Things I can do to create a new emotion:

Pushing Away - Utilize mindfulness practices as a distraction from distressing emotion.

Mindfulness practices I can try:

Thoughts - Use a mental activity as a distraction

Mental activities to try:

Sensations - Use safe physical sensations as a distraction from distressing emotions

Ways I can use physical sensations to distract:
