

# DBT ACCEPTS

## Skill Cheat Sheet



### A - ACTIVITIES

DO SOMETHING ACTIVE - e.g., dance, read, garden, exercise



### C - CONTRIBUTING

HELP OTHERS - e.g., volunteer, assist a friend, do a small favor



### C - COMPARISONS

THINK OF TIMES YOU HAD MORE COPING - e.g., remember other's struggles, count your blessings



### E - EMOTIONS

CHANGE THE EMOTION - e.g., watch a comedy, listen to happy music, feel something opposite



### P - PUSHING AWAY

PUSH AWAY THOUGHTS - e.g., physically leave a space, delay dwelling, block thoughts



### T - THOUGHTS

ENGAGE INTELLECT - e.g., solve a puzzle, play a game, read a challenging book



### S - SENSATIONS

CHANGE SENSATIONS - e.g., cold shower, strong peppermint, a warm compress

