

# DBT ACCEPTS

## Skill Fillable Worksheet

### A ACTIVITIES



List 3 distracting activities you can do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

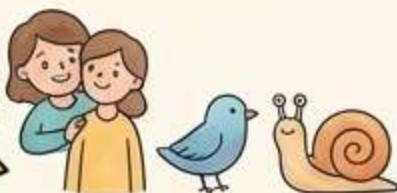
### C CONTRIBUTING



What small acts of kindness can you do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### C COMPARISONS



How is this situation different from another time:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### E EMOTIONS



What opposite emotion can you generate:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### P PUSHING AWAY



How can you push the thought out of your mind:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### T THOUGHTS



What other things can you think about:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### S SENSATIONS



What sensations can you experience (e.g., taste, feel):

- \_\_\_\_\_

