

What to Write on an ACCEPTS Worksheet

Worksheet Field	What to Record
Situation/trigger	What happened or what set off the distress?
Emotion	What emotion were you experiencing? 
Intensity (0–10)	How strong was it before using ACCEPTS?
Category  	Which ACCEPTS letter did you choose?
Strategy chosen	What specific activity or technique did you use?
What happened	What did you notice while using it? 
What worked  	What helped, even slightly? 
What to try next time	What would you repeat, change, or replace?

