

# DISTRESS TOLERANCE

## ACCEPTS



DBT Skills And Concepts

# — ACCEPTS —

When you feel your emotions are about to take control you need to:

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ACCEPTS helps youth distract themselves from a distressing moment and stands for Activities, Contributing, Comparisons, Emotions, Pushing Away, Thoughts and Sensations. Both TIPP and ACCEPTS are DBT skills the youth work on in group sessions while at TJJD.

**ACCEPTS** is an acronym that stands for:

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

Each of these words represents a strategy that helps a person shift their focus away from a distressing event and reduce the emotional intensity of the moment.