DBT-MIND · FREE PRINTABLE

ACCEPTS Worksheet

Seven ways to turn your attention away on purpose while an urge is high. Write your own options now, so you do not have to think of them later.

DISTRESS TOLERANCE · FILL IN WHILE YOU ARE CALM

How to use it

1 Rate
Name the urge. How strong is it, 0 to 10?

2 Pick
Choose one or two letters from your list.

3 Set a time
Give it about 20 minutes. Do only that.

4 Rate again
Still high? Pick another letter. Lower? Plan the next step.

My ACCEPTS list (two options per letter, one of them very small)

Letter	What it means	My two options
A Activities	Do something that takes your attention.	1 _____ 2 _____
C Contributing	Do something small for someone else.	1 _____ 2 _____
C Comparisons	Think of a hard time you got through. Skip this row if comparing makes you feel worse.	1 _____ 2 _____
E Emotions	Bring up a different feeling on purpose.	1 _____ 2 _____
P Pushing away	Set the problem aside for now, with a time to come back to it.	1 _____ 2 _____
T Thoughts	Give your mind another job.	1 _____ 2 _____
S Sensations	Use a strong sensation that is safe.	1 _____ 2 _____

Urge before (0 to 10)

0 1 2 3 4 5 6 7 8 9 10

Urge after (0 to 10)

0 1 2 3 4 5 6 7 8 9 10

What I will come back to later (the problem I set aside, and when I will look at it)

A skill for the next hour, not for good. ACCEPTS is for getting through a crisis without making it worse. It does not solve the problem. ACCEPTS is a DBT skill (Linehan, 2015). The wording on this sheet is our own.

Practice this on your phone with the free DBT-Mind app.
Scan to download for iPhone or Android. Full guide: dbt-mind.com/guides/accepts-skill

This sheet supports skills practice. It is not therapy or emergency care. **In danger right now?** Call or text 988 (US), call 112 (EU) or your local emergency number.

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