

ACCEPTS

DISTRACTION SKILLS

ACTIVITIES - Distract your attention by doing something really engrossing.

- Watch a Penguins game •
- Exercise •

CONTRIBUTING - Distract yourself by refocusing attention from yourself onto others.

- Help a friend •
- Do something nice for a family member •

COMPARISONS - Compare yourself to others who have been in more difficult situations or compare your present situation to a time when you were in a more difficult situation and you were able to cope.

Comparisons don't always work and if you find yourself judging or feeling guilty you should stop and try another method of distraction.

EMOTIONS - Distract your attention by creating a new emotion.

- Listen to happy music •
- Watch a funny video •

PUSHING AWAY - Distract your attention by leaving the situation or blocking it from your mind for a short time.

- Build an imaginary wall between you and the situation •
- Imagine putting the situation in a locked safe •

THOUGHTS - Distract your mind with other thoughts.

- Read a book •
- Daydream about a vacation •

SENSATIONS - Distract your attention with physical sensation.

- Hold an ice cube •
- Listen to loud music •