

A Wise Mind ACCEPTS



The DBT Distress Tolerance skill ACCEPTS is a short-term distraction skill to help you ride out urges and manage distress related to cannabis temporarily, choosing skills instead of using cannabis in the moment. This is not meant as a long-term solution; think of the skill as a "life raft" to help you tolerate distress temporarily so you can get through strong urges and difficult times without immediately turning to cannabis.

