# 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 it 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.

#### Activities

- What: Do something engaging & focused to distract from urges/withdrawal. Be mindful in the activity.
- Gxamples: 6xercise, hobbies (gaming, music), sober social activities, entertainment, creative pursuits.



## Contributing

- What: Help someone else to take your mind off your own distress and cravings.
- Gxamples: Acts of Service, help with tasks, volunteer, kind texts/compliments.

### Comparisons

- What: Compare your situation to others for perspective & gratitude. Compare to: less fortunate, fictional struggles, past self struggling more with cannabis.
- Examples: Remember reasons for change (benefits of reduction), gratitude journaling.

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#### **E**motions

- What: Greate a different emotion to shift away from distressing feelings that trigger cravings.
- Gxamples: Anxiety/Irritability: Calming music.
  Sadness: Upbeat music. Anger: Action movies, exercise.
  Comfort: Nostalgic media.

# **Pushing Away**

- What: Temporarily put craving thoughts aside to get through immediate urges. Not ignoring the long-term; just surviving now.
- Gxamples: "Thought Box" visualization for cravings, "Worry Note" for cravings, mental "STOP!" to cravings.

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## Thoughts

- What: Distract mind with helpful recovery thoughts;
  shift from cravings & negative self-talk.
- Gxamples: Positive affirmations, mental rehearsal of coping skills, visualizing a better future, "count benefits" of change, mental "NO!" to negative self-talk.

#### Sensations

- What: Safe, strong sensations to distract from cravings
  withdrawal, grounding you in the present.
- Examples: Gold: Ice cube, cold water. Warmth: Heating pad, warm bath. Taste/Smell: Sour/spicy candy, strong scents. Tension Release: Stress ball, brief intense exercise.

