

# Wise mind ACCEPTS

Wise Mind ACCEPTS is a tool in DBT to help manage big emotions. What are your favourite ways to practice this method?

## Activities:

A is for Activities -  
do something.

## Pushing Away:

P is for Pushing away -  
move the emotions out  
of your mind.

## Contributing:

C is for Contributing -  
do something nice for  
someone.

## Thoughts:

T is for thoughts -  
redirect your thoughts  
somewhere else.

## Comparisons:

C is for comparisons -  
think of others who are  
less fortunate.

## Sensations:

S is for sensations - use a  
strong physical stimulus to  
distract yourself

## Emotions:

E is for emotions - create  
a new emotions opposite  
to the one you fee



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**Comparisons:**

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**Emotions:**

