

Pocket of Intentions

Tolerating Difficult Emotions

Sometimes emotions overwhelm us making it difficult to think clearly and make good choices. The good thing to remember is that it's just a feeling and it will pass, but waiting for it to pass on can be hard. In these times, we can use distraction to help us to shift our focus from the emotions while the feelings can calm down.

Using the acronym ACCEPTS can help us do just that. Take a look at each letter of the word accepts and find 3 things you can do for each letter and write them down here. Keep this handy so you can refer to it when you need it!

		My 3 Things
Activities	Engage in activities that make you think. This will help you move out of feelings into thinking. Things like crosswords or other hobbies can help.	1. 2. 3.
Contributing	Shift focus to someone else. This helps you move from being caught up in your own head and it feels good to help someone.	1. 2. 3.
Comparisons	It could be worse. Think of a time in your life when it was worse or maybe someone else is going through something harder. This helps put things in perspective.	1. 2. 3.
Emotions	Create the opposite feeling but doing something that will stir a different emotion. Sad? Watch a funny movie or stand up special. Anxious? Listen to soothing music.	1. 2. 3.
Push Away	Sometimes you have to literally tell your thoughts to bugged off. Use your imagination to send that thought up on a balloon or down a stream.	1. 2. 3.
Thoughts	Purposefully redirect your thoughts to something else. Use a mantra or sing a song, read a book.	1. 2. 3.
Sensations	Shift your focus to your senses. Look for something purple in your environment, listen to the sounds around you, eat something sour, smell a candle, hold an ice cube.	1. 2. 3.