

# Distress Tolerance

## and Grounding Techniques

Mindful Anchors for Emotional Storms



# RADICAL ACCEPTANCE

“ RADICAL ACCEPTANCE IS THE PROCESS OF LETTING GO. BY LETTING GO OF WHAT YOU CANNOT CONTROL, WHAT YOU ARE ANGRY ABOUT, OR WHAT YOU ARE OVERCOMPENSATING FOR, YOU CAN ALSO LET GO OF THE SUFFERING THAT THE STRUGGLE IS CAUSING YOU ”



Sometimes you'll run into a problem that's simply out of your control. It can be easy to think "This isn't fair" or "I shouldn't have this problem", even though those ways of thinking only make the pain worse.

Radical acceptance refers to a healthier way of thinking during these situations. Instead of focusing on how you would like something to be different, you will recognize and accept the problem or situation as it is. Remember, accepting is not the same as liking or condoning something.

Learning to accept the problems that are out of your control will lead to less anxiety, anger, and sadness when dealing with them.

## SITUATION

You find out that you were not selected for a job where you felt that you were the best candidate.

### TYPICAL THINKING

"This isn't fair—I did everything right! I was the best one there. They can't do this to me."

### RADICAL ACCEPTANCE

"It's frustrating that I didn't get the job, but I accept that they felt someone else would be a better fit."

# SELF-SOOTHE WITH SENSES

Find a pleasurable way to engage each of your five senses. Doing so will help to soothe your negative emotions.

## VISION

Vision is the ability to perceive and interpret light through the eyes, allowing you to see and distinguish objects, colors, and shapes. It's one of the most dominant and complex human senses, providing a significant amount of information about the surrounding environment.

## HEARING

Hearing is the sense of perceiving sound through the ears. It allows you to detect and interpret various sounds and noises, from speech and music to environmental sounds like birdsong or traffic.

## TOUCH

The tactile sense involves the ability to perceive and interpret physical sensations through the skin and other sensory receptors in the body. It allows you to feel and distinguish different textures, temperatures, pressures, and vibrations.

## TASTE

The gustatory sense, or taste, enables you to perceive and differentiate between different flavors and tastes using taste buds primarily located on the tongue. The five primary taste sensations are sweet, salty, sour, bitter, and umami.

## SMELL

The olfactory sense, or smell, is the ability to detect and identify various odors and scents through the nasal passages. The olfactory system allows you to differentiate between a wide range of smells, from pleasant fragrances to unpleasant odors.

# DISTRACTION (A.C.C.E.P.T.S)

Negative feelings will usually pass, or at least lessen in intensity over time. It can be valuable to distract yourself until the emotions subside.

The acronym "A.C.C.E.P.T.S." serves as a reminder of this idea.

## A

### ACTIVITIES

Engage in activities that require thought and concentration. This could be a hobby, a project, work, or school.

## C

### CONTRIBUTING

Focus on someone or something other than yourself. You can volunteer, do a good deed, or do anything else that will contribute to a cause or person.

## C

### COMPARISONS

Look at your situation in comparison to something worse. Remember a time you were in more pain, or when someone else was going through something more difficult.

## E

### EMOTIONS

Do away with negative thoughts by pushing them out of your mind. Imagine writing your problem on a piece of paper, crumpling it up, and throwing it away. Refuse to think about the situation until a better time.

## P

### PUSHING AWAY

When your emotions take over, try to focus on your thoughts. Count to 10, recite a poem in your head, or read a book.

## T

### THOUGHTS

Find safe physical sensations to distract you from intense negative emotions. Wear a rubber band and snap it on your wrist, hold an ice cube in your hand, or eat something sour like a lime.

## S

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