★

# Distracting

A way to remember these skills is the phrase **"Wise Mind ACCEPTS."**

## With **Activities:**

- ❏ Focus attention on a task you need to get done.
- ❏ Rent movies; watch TV.
- ❏ Clean a room in your house.
- ❏ Find an event to go to.
- ❏ Play computer games.
- ❏ Go walking. Exercise.
- ❏ Surf the Internet. Write e-mails.
- ❏ Play sports.

- ❏ Go out for a meal or eat a favorite food.
- ❏ Call or go out with a friend.
- ❏ Listen to your iPod; download music.
- ❏ Build something.
- ❏ Spend time with your children.
- ❏ Play cards.
- ❏ Read magazines, books, comics.
- ❏ Do crossword puzzles or Sudoku.
- ❏ Other: _____

## With **Contributing:**

- ❏ Find volunteer work to do.
- ❏ Help a friend or family member.
- ❏ Surprise someone with something nice (a card, a favor, a hug).
- ❏ Give away things you don't need.

- ❏ Call or send an instant message encouraging someone or just saying hi.
- ❏ Make something nice for someone else.
- ❏ Do something thoughtful.
- ❏ Other: _____

## With **Comparisons:**

- ❏ Compare how you are feeling now to a time when you felt different.
- ❏ Think about people coping the same as you or less well than you.

- ❏ Compare yourself to those less fortunate.
- ❏ Watch reality shows about others' troubles; read about disasters, others' suffering.
- ❏ Other: _____

## With different **Emotions:**

- ❏ Read emotional books or stories, old letters.
- ❏ Watch emotional TV shows; go to emotional movies.
- ❏ Listen to emotional music.
*(Be sure the event creates different emotions.)*

*Ideas*: Scary movies, joke books, comedies, funny records, religious music, soothing music or music that fires you up, going to a store and reading funny greeting cards.
- ❏ Other: _____

## With **Pushing away:**

- ❏ Push the situation away by leaving it for a while.
- ❏ Leave the situation mentally.
- ❏ Build an imaginary wall between yourself and the situation.
- ❏ Block thoughts and images from your mind.

- ❏ Notice ruminating: Yell "No!"
- ❏ Refuse to think about the painful situations.
- ❏ Put the pain on a shelf. Box it up and put it away for a while.
- ❏ Deny the problem for the moment.
- ❏ Other: _____

## With other **Thoughts:**

- ❏ Count to 10; count colors in a painting or poster or out the window; count anything.
- ❏ Repeat words to a song in your mind.

- ❏ Work puzzles.
- ❏ Watch TV or read.
- ❏ Other: _____

## With other **Sensations:**

- ❏ Squeeze a rubber ball very hard.
- ❏ Listen to very loud music.
- ❏ Hold ice in your hand or mouth.

- ❏ Go out in the rain or snow.
- ❏ Take a hot or cold shower.
- ❏ Other: _____