DISTRESS TOLERANCE SKILLS

|  |  |
| --- | --- |
| Distract:  Wise Mind  ACCEPTS | REDUCE CONTACT WITH EVENTS THAT SET OFF EMOTIONS.  A- Activities: Activities can regulate negative emotions; exercise, hobbies, call a friend, playa game, clean  C- Contributing: Refocuses attention from self to doing something for others; random acts of kindness  C- Comparisons: Making comparisons to others' situations in order to gain perspective on your own situation; compare yourself to someone less fortunate  E- Emotions: Generating opposite emotions to replace current negative ones; watch a funny movie, tell a joke, listen to uplifting music  P- Pushing Away: Leaving a situation physically or consciously; putting your problems "up on a shelf"  T- Thoughts: Filling your mind with distracting thoughts in order to avoid re-activating the negative emotion; count to 10, count colors in a painting, notice all the sights, sounds, smells in the room  S- Sensations: Trying to experience intense sensations in order to interfere with the negative emotion being experienced; bold ice in your hand, stand under a hot shower, squeeze a rubber ball. |
| SELF-SOOTHE  Five Senses | BE KIND, GENTLE, AND NURTURING TO YOURSELF. SOOTHE EACH OF THE FIVE SENSES:  VISION, HEARING, SMELL, TASTE, AND TOUCH.  *Vision:* Pick flowers, look at a book of art, go outside and look at nature.  *Hearing:* Listen to beautiful music, pay attention to sounds (birds, water, wind in the trees).  *Smell:* Use your favorite perfume, make potpourri, bake cookies, smell the roses, go outdoors and smell nature.  *Taste:* Have something good to eat, drink herbal tea or hot chocolate, chew gum, drink some juice.  *Touch:* Take a bubble bath, pet the dog, get your feet massaged, put on comfy clothes, put a cold washcloth on your head. |
| IMPROVE  The Moment | REPLACE IMMEDIATELY NEGATIVE EVENTS WITH MORE POSITIVE ONES.  I-Imagery: Create a situation with imagery different from the actual one; go to an imaginary safe place, imagine lying on a beach  M-Meaning: Try to find some kind of purpose for events; "make lemonade out of lemons," focus on positive aspects of the painful situation, ask what have I learned?  P- Prayer: The complete opening of oneself to the moment and to a higher power, greater wisdom, or wise mind  R- Relaxation: Change how your body responds to stress in a crisis; listen to a relaxation tape, sit in a hot tub, take 10 deep breaths, half smile  O- One thing in the-moment. Focus your entire attention on what you're doing right now  V- Vacation: take time out to regroup; pull the covers over your head, ask someone to take care of you  E- Encouragement: Cheerlead yourse1f; repeat over and over "I can stand it," "It won't last forever," "I'm doing the best I can." |
| PROS AND CONS | THINK ABOUT THE POSITIVE AND NEGATIVE ASPECTS OF TOLERATING DISTRESS VERSUS NOT TOLERATING IT  Goal: To decrease fear of feeling distress by experiencing surviving through it. Ask yourself, “What are the long-term advantages of tolerating the pain?” and “What are the long-term consequences of giving into my urges?” |
| RADICAL  ACCEPTANCE | LET GO FIGHTING REALITY. REPLACE WILLFULNESS WITH WILLINGNESS.  Willingness: accepting and responding to what is, in an effective or appropriate way, doing what is needed.  Willfulness: imposing one’s will on reality; trying to fit or control everything, refusing to do what is needed.  Accepting something is not the same as approving of it. Focus on “what works” not whether it’s fair or unfair, right or wrong. |