

DISTRESS TOLERANCE

Practice Exercise 1: Dope Dope _____

DISTRACT SKILLS: "Wise Mind Accepts"

Write down at least 2 specific DISTRACT skills to practice during the week when you feel upset (e.g., activity – play videogame, play the guitar)

DISTRACT WITH "ACCEPTS"

ACTIVITIES: _____

CONTRIBUTING: _____

COMPARISONS: _____

EMOTIONS: _____

FLYING AWAY: _____

THOUGHTS: _____

SENSATIONS: _____

Briefly describe the stressful situation(s) you were in when you chose to practice your skills:

Did using the skills help you to (1) cope with uncomfortable feelings and urges and/or (2) avoid conflict of any kind? Circle YES/NO

If YES, please describe how it helped:

If NO, please describe why you believe it did not help:

Write down your level of distress (emotional pain) before and after using your skill:
Distress (e.g., it's a nightmare, high urge to act impulsively) = Distress of tolerance, it's manageable, lower urge
BEFORE: _____ AFTER: _____

If you did not practice this skill, please explain why:

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