

Name: _____

Date: _____

DBT DISTRESS TOLERANCE

Select one crisis (emotionally upsetting situation) where you found it REALLY hard to tolerate your distress, avoid destructive behavior, and not act impulsively.

CRISIS I was faced with:

DESTRUCTIVE behavior I did/wanted to do:

"Old Way of Doing Things"

ACTING IMPULSIVELY: PROS

ACTING IMPULSIVELY: CONS

"Building a Life by acting Effectively"

TOLERATING DISTRESS: PROS

TOLERATING STRESS: CONS