

Name: _____

Date: _____

DBT DISTRESS TOLERANCE

CRISIS EVENT: Rate level of distress (0-100) Before:

After:

Prompting event for my distress:

Check the skills you used, and describe here:

- STOP
- Pros and cons
- TIP
- Distract with ACCEPTS
- Self-soothe
- IMPROVE the moment

Describe the outcome of using skills:

Circle a number to indicate how effective the skills were in helping you tolerate the distress and cope with the situation (keeping you from doing something to make the situation worse). Use the following scale:

I was able to cope somewhat at least for a little while. It helped somewhat.

I still couldn't stand the situation, even for one more minute.

I could use skills, tolerated distress, and resisted problem urges

1

2

3

4

5