

Name: _____

Date: _____

DBT DISTRESS TOLERANCE

Identifying Distress

- What things, people or situations trigger distress for you?
- What warning signs do you get that let you know you are getting distressed?
- What feelings do you experience in these situations? (emotional & physical)

Opposite Actions

- What do you do to escape your distress in the above situations? Some examples of escape methods include avoidance, seeking reassurance or guidance from others, or using substances such as alcohol or drugs.

- While the urge to engage in an escape method can be powerful in distressing situations, it prevents you from learning helpful ways to tolerate distress and from challenging your own distress intolerant beliefs. For each of the above escape methods you identified, write down an opposite action you can do to practice engaging with your distress in a healthier way.