DISTRESS TOLERANCE WORKSHEET

DATE	How I Felt Before I Used the Skill *Scale 0-5* 0=awful 5=great	**CRISIS SURVIVAL** **A C C E P T S:** *A*ctivities *C*ontributing *C*omparisons *E*motions *P*ushing Away *T*houghts *S*ensations **SELF SOOTHING:** Vision Hearing Smell Taste Touch **I M P R O V E:** *I*magery *M*eaning *P*rayer *R*elaxation *O*ne thing in the moment *V*acation *E*ncourage **OBSERVE YOUR BREATHING** **HALF-SMILING**	WHAT I DID	How I Felt After I Used the Skill *Scale 0-5* 0=awful 5=great	COMMENTS