

## 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"**

**A**CTIVITIES: \_\_\_\_\_

**C**ONTRIBUTING: \_\_\_\_\_

**C**OMPARISONS: \_\_\_\_\_

**E**MOTIONS: \_\_\_\_\_

**E**SCAPING AWAY: \_\_\_\_\_

**T**HOUGHTS: \_\_\_\_\_

**S**ENSATIONS: \_\_\_\_\_

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

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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:

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

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Write down your level of distress (emotional pain) before and after using your skill:  
Before (e.g., 10's nightmare, high urge to eat impulsively) = (Scale of 0-100) \_\_\_\_\_  
AFTER: \_\_\_\_\_

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

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