

## DISTRESS TOLERANCE

Practice Exercise 1: Dose Defy \_\_\_\_\_

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"**

**ACTIVITIES:** \_\_\_\_\_

**CONTRIBUTING:** \_\_\_\_\_

**COMPARISONS:** \_\_\_\_\_

**EMOTIONS:** \_\_\_\_\_

**FLYING AWAY:** \_\_\_\_\_

**THOUGHTS:** \_\_\_\_\_

**SENSATIONS:** \_\_\_\_\_

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 act impulsively) = (Scale of 1-100) \_\_\_\_\_  
AFTER: \_\_\_\_\_

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

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Adapted from Mark M. Leitch's Skills Training Manual for Transcendental Mindfulness (Seattle, WA: CoreMind Press, 2008) (It is not reproducible without permission. Copyright © Mark M. Leitch, 2008)