

Crisis Survival Strategies

Name: _____ Week started: _____

For each survival skill, check whether you used it during the week.

SKILLS	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Distracting "ACCEPTS"							
Activities							
Contributions							
Comparisons							
Emotions							
Pushing Away							
Thoughts							
Sensations							
Self-soothing: FIVE SENSES							
Vision							
Hearing							
Smell							
Taste							
Touch							
"IMPROVE" ing the Moment							
Imagery							
Meaning							
Prayer							
Relaxation							
One thing in the moment							
Vacation							
Encouragement							
Thinking PROS & CONS							

PROS and CONS

Select one crisis where you found it REALLY hard to tolerate distress, avoid destructive behavior, and not act impulsively

DESTRUCTIVE BEHAVIOR I WANTED TO DO: _____

Not Tolerating the Distress: Giving In to Destructive Behavior

PROS (positives) Short term: _____ _____ Long term: _____ _____	CONS (negatives) Short term: _____ _____ Long term: _____ _____
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Tolerating the Distress: Stopping the Destructive Behavior

PROS (positives) Short term: _____ _____ Long term: _____ _____	CONS (negatives) Short term: _____ _____ Long term: _____ _____
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Are the short-term benefits of the destructive behavior worth the long-term negative consequences of the behavior?

What skills do you need to tolerate the short-term negatives of stopping the destructive behavior in order to get the long-term positives of stopping the behavior?