

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							

Long term: _____

Long term: _____

Tolerating the Distress: Stopping the Destructive Behavior

PROS (positives)

CONS (negatives)

Short term: _____

Short term: _____

Long term: _____

Long term: _____

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 positives of stopping the behavior?

—
—
—
—
—
,
-term

