

## 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
<b>Distracting "ACCEPTS"</b>							
<b>Activities</b>							
<b>Contributions</b>							
<b>Comparisons</b>							
<b>Emotions</b>							
<b>Pushing Away</b>							
<b>Thoughts</b>							
<b>Sensations</b>							
<b>Self-soothing: FIVE SENSES</b>							
<b>Vision</b>							
<b>Hearing</b>							
<b>Smell</b>							
<b>Taste</b>							
<b>Touch</b>							
<b>"IMPROVE" ing the Moment</b>							
<b>Imagery</b>							
<b>Meaning</b>							
<b>Prayer</b>							
<b>Relaxation</b>							
<b>One thing in the moment</b>							
<b>Vacation</b>							
<b>Encouragement</b>							
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?