

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"							
A ctivities							
C ontributions							
C omparisons							
E motions							
P ushing Away							
T houghts							
S ensations							
Self-soothing: FIVE SENSES							
V ision							
H earing							
S mell							
T aste							
T ouch							
"IMPROVE" ing the Moment							
I magery							
M eaning							
P rayer							
R elaxation							
O ne thing in the moment							
V acation							
E ncouragement							
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?