

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: _____ _____ |
|---|---|

Tolerating the Distress: Stopping the Destructive Behavior

| | |
|---|---|
| PROS (positives) Short term: _____ _____ Long term: _____ _____ | CONS (negatives) Short 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-term positives of stopping the behavior?