

DISTRESS TOLERANCE

Select one crisis (emotionally upsetting situation) where you found it REALLY hard to tolerate your distress, avoid destructive behavior, and not act impulsively.

CRISIS I was faced with: _____

DESTRUCTIVE behavior I did/wanted to do: _____

Directions:

1. Remember to consider how the behavior affects you in the SHORT-TERM and LONG-TERM.
2. Make a Pro and Con list for going ahead with the destructive behavior and by acting effectively instead.
3. Make a second Pro and Con list for getting by without doing the destructive behavior and by acting effectively instead.
4. Weight out which side is heavier—the Pros or Cons—and act accordingly.
5. Think about how writing the Pros and Cons helped you to get into Wise Mind.
6. Remember to consider how the behavior affects you in the SHORT-TERM and LONG-TERM.

“OLD WAY OF DOING THINGS”

ACTING IMPULSIVELY: PROS

ACTING IMPULSIVELY: CONS

“BUILDING A LIFE BY ACTING EFFECTIVELY”

TOLERATING DISTRESS: PROS

TOLERATING STRESS: CONS
