

## DISTRESS TOLERANCE

Write down at least 2 specific DISTRACT Skills to practice during the week when you feel upset  
(eg, activity - play videogame, play the guitar):

### DISTRACT WITH "ACCEPTS"

ACTIVITIES: \_\_\_\_\_

CONTRIBUTING: \_\_\_\_\_

COMPARISONS: \_\_\_\_\_

EMOTIONS: \_\_\_\_\_

PUSING AWAY: \_\_\_\_\_

THOUGHTS: \_\_\_\_\_

SENSATIONS: \_\_\_\_\_

Briefly describe the stressful situation(s) you were in when you choose to practice your skills:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did using the skills help you to (1) cope with uncomfortable feelings and urges and/or (2) avoid conflict of any kind? Circle YES/NO

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If YES, please describe how it helped:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If NO, please describe why you believe it did not help:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Write down your level of distress (emotional pain) before and after using you skill:

(0 = No tolerance, life's a nightmare, high urges to act impulsively, 10 = Lots of tolerance, life's manageable, lower urges)

BEFORE = \_\_\_\_\_ AFTER = \_\_\_\_\_

If you did not practice this skill, please explain why:

\_\_\_\_\_  
\_\_\_\_\_