

DISTRESS TOLERANCE

S

Stop! Physically and mentally stop what you are doing and thinking. When in a crisis we tend to react with our emotions without thinking. Resist this urge!

T

Take a step back. This can be a mental step back or even a physical one. Take a deep breath and try to separate yourself from the situation and your impulses.

O

Observe. Take a moment to notice what you are thinking and feeling as well as what is going on around you. What are those around you saying and doing? What are the facts of the situation?

P

Proceed mindfully. Get in touch with your wise mind and think about your goals. Consider your thoughts, feelings, situation, and those around you. Decide which actions will make things better and which will make things worse.

Level of Distress (SUDs): None 0 1 2 Mild 3 4 Moderate 5 6 7 Strong 8 9 Extreme 10

Describe the facts of what happened, how you reacted and the outcome

Reimagine the event with you using the STOP skill. How could the outcome have been different? What other skills could you use?