

DISTRESS TOLERANCE WORKSHEET

Pros and Cons of crisis behavior

What is the crisis behavior?	Pros	Cons
<p>Yes</p> <p>(Consequences of acting on the crisis behavior)</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p>
<p>No</p> <p>(Consequences of avoiding the crisis behavior and of practicing coping skills)</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p>	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p>

- Identify which pros and cons are short-term (just for today) or long-term (beyond today). Then, ask your wise mind: would you rather have a good day or, a good life? Make a mindful choice about your behavior.
- If the pros and cons worksheet helps you choose coping behavior over crisis behavior, be sure to keep this worksheet where you can find it and review it again when you are in a crisis.