DBT DISTRESS TOLERANCE

In the heat of distressing moment, you may have difficulty determining the best course of action.

Make a pros and cons list to help determine whether you should act on an urge or try to tolerate it instead.

Describe the distres Urge I Acting on urge	ssing situation			
Acting on urge		Urge I		
Acting on urge				
Acting on urge	- DDoc			
Acting on urge	PROS	CONS		
Acting on urge				
l l				
Resisting urge				
Urge 2				
	PROS	CONC		
	PROS	CONS		
Acting on urge				
Resisting urge				