

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 distressing situation

Urge 1

	PROS	CONS
Acting on urge		
Resisting urge		

Urge 2

	PROS	CONS
Acting on urge		
Resisting urge		