

## Crisis Survival Strategies

Name: \_\_\_\_\_ Week started: \_\_\_\_\_

For each survival skill, check whether you used it during the week.

SKILLS	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>Distracting "ACCEPTS"</b>							
<b>A</b> ctivities							
<b>C</b> ontributions							
<b>C</b> omparisons							
<b>E</b> motions							
<b>P</b> ushing Away							
<b>T</b> houghts							
<b>S</b> ensations							
<b>Self-soothing: FIVE SENSES</b>							
<b>V</b> ision							
<b>H</b> earing							
<b>S</b> mell							
<b>T</b> aste							
<b>T</b> ouch							
<b>"IMPROVE" ing the Moment</b>							
<b>I</b> magery							
<b>M</b> eaning							
<b>P</b> rayer							
<b>R</b> elaxation							
<b>O</b> ne thing in the moment							
<b>V</b> acation							
<b>E</b> ncouragement							
Thinking PROS & CONS							

### PROS and CONS

Select one crisis where you found it REALLY hard to tolerate distress, avoid destructive behavior, and not act impulsively

DESTRUCTIVE BEHAVIOR I WANTED TO DO: \_\_\_\_\_

#### Not Tolerating the Distress: Giving In to Destructive Behavior

PROS (positives) Short term: _____ _____ Long term: _____ _____	CONS (negatives) Short term: _____ _____ Long term: _____ _____
---	---

#### Tolerating the Distress: Stopping the Destructive Behavior

PROS (positives) Short term: _____ _____ Long term: _____ _____	CONS (negatives) Short term: _____ _____ Long term: _____ _____
---	---

Are the short-term benefits of the destructive behavior worth the long-term negative consequences of the behavior?  
 What skills do you need to tolerate the short-term negatives of stopping the destructive behavior in order to get the long-term positives of stopping the behavior?