DISTRESS TOLERANCE WORKSHEET

DISTRESS TOLERANGE WORKSTIEET					
DATE	How I Felt Before I Used the Skill Scale 0-5 0=awful 5=great	CRISIS SURVIVAL A C C E P T S: Activities Contributing Comparisons Emotions Pushing Away Thoughts Sensations SELF SOOTHING: Vision Hearing Smell Taste Touch I M P R O V E: Imagery Meaning Prayer Relaxation One thing in the moment Vacation Encourage OBSERVE YOUR BREATHING HALF-SMILING	WHAT I DID	How I Felt After I Used the Skill Scale 0-5 0=awful 5=great	COMMENTS