

Name: _____ Date: _____

DISTRESS TOLERANCE SKILLS

Instructions:

Choose a specific situation you find distressful, or that you found distressful in the past.
Reflect on how you can apply each of the IMPROVE skills to help you cope.

Imagery: Imagine and describe what it's like to be in a beautiful place where you're at peace.

Meaning: Describe the meaning you can find or create in your uncomfortable situation.

Prayer: Describe a prayer or meditation you can practice in this moment.

Relaxation: List relaxation strategies to try, such as breathing deeply or listening to music.

One thing in the moment: What is a simple but engaging activity you can focus on?

Vacation: List two ways you can take a break from your worries.

Encouragement: Select an affirmation, write it here, and then repeat it to yourself several times.