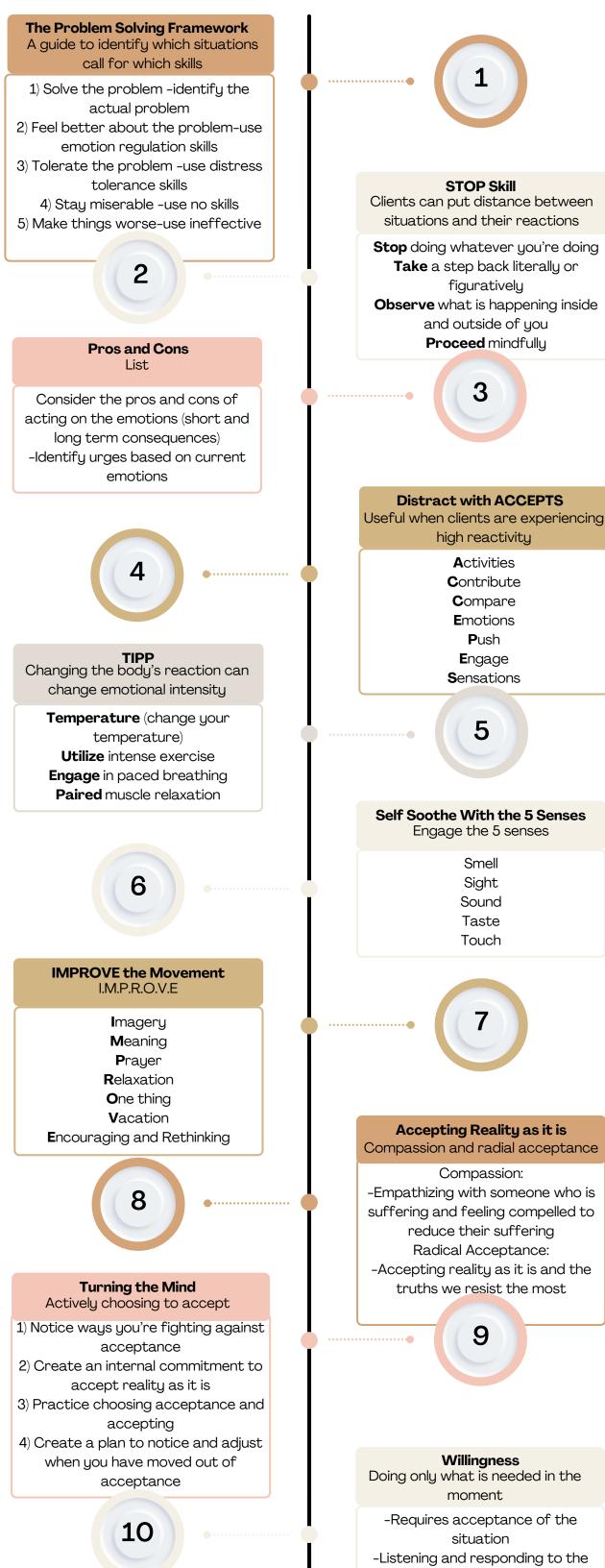
Distress Tolerance Skills



situation from wise mind -Practice turning your mind and involve the body with Half Smiling or willing hands