

Distress Tolerance Skills

The Problem Solving Framework

A guide to identify which situations call for which skills

- 1) Solve the problem -identify the actual problem
- 2) Feel better about the problem-use emotion regulation skills
- 3) Tolerate the problem -use distress tolerance skills
- 4) Stay miserable -use no skills
- 5) Make things worse-use ineffective

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Pros and Cons List

Consider the pros and cons of acting on the emotions (short and long term consequences)
-Identify urges based on current emotions

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TIPP

Changing the body's reaction can change emotional intensity

- Temperature** (change your temperature)
- Utilize** intense exercise
- Engage** in paced breathing
- Paired** muscle relaxation

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IMPROVE the Movement

I.M.P.R.O.V.E

- I**magery
- M**eaning
- P**rayer
- R**elaxation
- O**ne thing
- V**acation
- E**ncouraging and Rethinking

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Turning the Mind

Actively choosing to accept

- 1) Notice ways you're fighting against acceptance
- 2) Create an internal commitment to accept reality as it is
- 3) Practice choosing acceptance and accepting
- 4) Create a plan to notice and adjust when you have moved out of acceptance

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STOP Skill

Clients can put distance between situations and their reactions

- Stop** doing whatever you're doing
- Take** a step back literally or figuratively
- Observe** what is happening inside and outside of you
- Proceed** mindfully

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Distract with ACCEPTS

Useful when clients are experiencing high reactivity

- A**ctivities
- C**ontribute
- C**ompare
- E**motions
- P**ush
- E**ngage
- S**ensations

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Self Soothe With the 5 Senses

Engage the 5 senses

- Smell
- Sight
- Sound
- Taste
- Touch

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Accepting Reality as it is

Compassion and radical acceptance

- Compassion:**
 - Empathizing with someone who is suffering and feeling compelled to reduce their suffering
- Radical Acceptance:**
 - Accepting reality as it is and the truths we resist the most

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Willingness

Doing only what is needed in the moment

- Requires acceptance of the situation
- Listening and responding to the situation from wise mind
- Practice turning your mind and involve the body with Half Smiling or willing hands