

# DISTRESS TOLERANCE WORKSHEET 11A

(Distress Tolerance Handouts 14, 14a)

## Practicing Half-Smiling and Willing Hands

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Practice half-smiling/willing hands twice each day. Describe what you did to practice, and what you were trying to accept. (See Distress Tolerance Worksheet 11 for ideas.)

What did you do to practice allowing your thoughts?	What were you having trouble accepting (if any)?	How much time passed in doing this skill?	Rate before/after skill use		
			Acceptance (0 = none at all; 5 = I am at peace with this)	Emotion	
			Negative emotion intensity (0-100)	Positive emotion intensity (0-100)	
Mon			/	/	/
Tues			/	/	/
Wed			/	/	/
Thurs			/	/	/
Fri			/	/	/
Sat			/	/	/
Sun			/	/	/

Adapted from an unpublished worksheet by Seth Axellrod, with his permission.

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this worksheet is granted to purchasers of *DBT Skills Training Handouts and Worksheets, Second Edition*, for personal use and use with individual clients only. (See page ii of this packet for details.)