

DISTRESS TOLERANCE WORKSHEET 18

(Distress Tolerance Handout 21)

Practicing Alternate Rebellion and Adaptive Denial

Due Date: _____ Name: _____ Week Starting: _____

Check and describe plans for alternate rebellion when the urge for addictive behaviors arises:

- 1. _____
- 2. _____
- 3. _____

Check and describe what you actually did as alternative behaviors instead of giving in to addictive behaviors:

- 1. _____
- 2. _____

Circle how effective alternate rebellion was at helping you survive the urges without giving in to addiction.

1 2 3 4 5
Not effective *Somewhat effective* *Very effective*

Check off and describe adaptive denial skills below that you used to manage urges:

- 1. Reframing an urge for a problem behavior as an urge for something else: _____

Circle how effective this was at helping you survive the urges without giving in to addiction.

1 2 3 4 5
Not effective *Somewhat effective* *Very effective*

- 2. Putting off addictive behavior for ____ minutes, ____ times: _____

Circle how effective this was at helping you survive the urges without giving in to addiction.

1 2 3 4 5
Not effective *Somewhat effective* *Very effective*

- 3. Reminded myself I only had to be abstinent for an hour, a day, or _____.

Circle how effective this was at helping you survive the urges without giving in to addiction.

1 2 3 4 5
Not effective *Somewhat effective* *Very effective*