DISTRESS TOLERANCE WORKSHEET 18

(Distress Tolerance Handout 21)

Practicing Alternate Rebellion and Adaptive Denial

ie Date:	Name:		We	eek Starting:
Check and des arises:	cribe plans for al	ternate rebellion when t	the urge for	addictive behavior
⊒ 1.				
	cribe what you ac	ctually did as alternative		
		lion was at helping you s		
1	2	3	4	5
Not effective	?	Somewhat effective		Very effective
Circle how effec	tive this was at hel	ping you survive the urge	es without giv	ring in to addiction.
Not effective		Somewhat effective	7	Very effective
☐ 2. Putting off	addictive behavior	for minutes, tir	mes:	
Circle how effec		ping you survive the urge	· ·	o .
1 Not offective		3 Computat offective	4	
Not effective	,	Somewhat effective		Very effective
	myself I only had t 	o be abstinent for an hou	r, a day,	
Circle how effec	tive this was at hel	ping you survive the urge	es without giv	ving in to addiction.
1	2	3	4	5
Not effective)	Somewhat effective		Very effective

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