

DISTRESS TOLERANCE WORKSHEET 1A

(Distress Tolerance Handouts 2–9a)

Crisis Survival Skills

Name: _____ Week Starting: _____

Practice each crisis survival skill twice, and describe your experience as follows:

| | What was the crisis (what prompted needing the skill)? | Amount of time practicing skill? | Rate before/after skill use | | | Conclusions or questions about this skills practice |
|--|--|----------------------------------|---|------------------------------------|--|---|
| | | | Your level of distress tolerance (0 = I can't stand it; 5 = I can definitely survive) | Emotion | | |
| | | | Negative emotion intensity (0–100) | Positive emotion intensity (0–100) | | |
| When did you practice this skill, and what did you do to practice? | | | / | / | | |
| Stop: | | | / | / | | |
| Pros and cons: | | | / | / | | |
| TIP: | | | / | / | | |
| Distract with ACCEPTS: | | | / | / | | |
| Self-soothe: | | | / | / | | |
| IMPROVE the moment: | | | / | / | | |

Adapted from an unpublished worksheet by Seth Axelrod, with his permission.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*, and *DBT Skills Training Manual, Second Edition*, for personal use and use with individual clients only. (See page ii of this packet for details.)