## **DISTRESS TOLERANCE WORKSHEET 8**

(Distress Tolerance Handouts 10-15a)

## **Reality Acceptance Skills**

| e Date:                                                               | Name:              |                                                                                          | Week Starting:                                                            |  |  |
|-----------------------------------------------------------------------|--------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--|--|
| eck off two reality acc                                               | eptance skill:     | s to practice this week during                                                           | g a stressful situation:                                                  |  |  |
| Radical acceptance                                                    |                    | Half-smiling                                                                             |                                                                           |  |  |
| Turning the mind                                                      |                    | Willing hands                                                                            |                                                                           |  |  |
| U Willingness                                                         |                    | Mindfulne                                                                                | Mindfulness of current thoughts                                           |  |  |
|                                                                       |                    | bing you cope with the situat                                                            | ion (keeping you from doing                                               |  |  |
| I still couldn't stand<br>the situation, even<br>for one more minute. |                    | I was able to cope somewhat,<br>at least for a little while.<br>It helped somewhat.<br>3 | l could use skills,<br>tolerated distress, and<br>resisted problem urges. |  |  |
| 1                                                                     | 4                  | 3                                                                                        | 4 5                                                                       |  |  |
| 1                                                                     | -<br>u cope with u | -                                                                                        | 4 5<br>rges, <i>or</i> avoid conflict of any                              |  |  |

| How effective was the skill in helping you cope with the situation (keeping you from doing |
|--------------------------------------------------------------------------------------------|
| something to make the situation worse)? Circle a number below.                             |

| l still couldn't stand<br>the situation, even |   | l was able to cope somewhat,<br>at least for a little while. |   | l could use skills, tolerated distress, and |
|-----------------------------------------------|---|--------------------------------------------------------------|---|---------------------------------------------|
| for one more minute.                          |   | It helped somewhat.                                          |   | resisted problem urges.                     |
| 1                                             | 2 | 3                                                            | 4 | 5                                           |

Did this skill help you cope with uncomfortable emotions or urges, *or* avoid conflict of any kind? Circle YES or NO.

## Describe how the skill helped or did not help: \_\_\_\_\_

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