Do you need distractions from your emotions? 

Do you want to learn to tolerate your emotions? 

Would you like to keep suffering? 

You’re deceiving yourself and should consult a therapist. 

Do you often make a decision on impulse and regret the outcome? 

Really? Are you sure?

FINDING THE RIGHT DISTRESS TOLERANCE SKILL FOR YOUR SITUATION

ACCEPTS

Activity

Contributing

Comparative

Emotion

Push-away

Resilience

Sensation

This skill helps you tolerate your distress and keep the appropriate time to resolve the situation.

Self Soothe

This skill can help you quickly reduce the intensity of a crisis by concentrating on your body’s senses other than the crisis. You can use vision, hearing, taste, feeling, smell, and/or movement.

Do you ever have anxiety or stress? 

Do you anticipate being in crisis in the near future? 

YOU ARE CURRENTLY IN CRISIS MODE?

IMPROVE

Imagery

Meaning

Prayer

Relaxation

One thing in the moment

Encouragement

This skill helps you tolerate and improve emotions until the intensity subsides.

Pros and Cons

Use this skill to weigh the consequences between acting on an urge and tolerating an urge. This can be useful in fighting impulsive urges and their negative outcomes.

Do you need distractions from your emotions? 

Do you anticipate being in crisis in the near future?

PROS

Cons

Keep doing what you are doing. (aka keep being miserable)

Do you need distractions from your emotions?

Radical Acceptance

Sometimes you will have an undesirable situation that you cannot change. You may not like it, but accepting it, you can focus on the here and now, and provide you with the opportunity to create new alliances and social connections. And this is sometimes easier done than said. Once you are accepting it, you are going to accept the reality of your situation.

Do you anticipate being in crisis in the near future?

Self Soothe

By focusing the skill you can better prepare for when it happens. It’s your life so that the more you can focus on your body’s senses such as vision, hearing, taste, feeling, smell, and/or movement.

Are you at your emotional breaking point?

Do you need distractions from your emotions?

TIPP

Temperature

Intense Exercise

Paced Breathing

Paired Muscle Relaxation

Using TIPP helps bring you down from your emotional ledge so you can handle the situation better. It’s good for immediate but short-term relief. Use this skill to weigh the consequences between acting on an urge, or tolerating an urge. This can be useful in fighting impulsive urges and their negative outcomes.

Are you able to change the situation?

Are you at your emotional breaking point?

Are you currently in crisis mode?

If you are not able to change the situation, you can use your senses to help calm the intensity of your emotions by concentrating on vision, hearing, taste, feeling, smell, and/or movement.

Temperature

Intense Exercise

Paced Breathing

Paired Muscle Relaxation

Using TIPP helps bring you down from your emotional ledge so you can handle the situation better. It’s good for immediate but short-term relief. Use this skill to weigh the consequences between acting on an urge, or tolerating an urge. This can be useful in fighting impulsive urges and their negative outcomes.