FINDING THE RIGHT **DISTRESS TOLERANCE SKILL** FOR YOUR SITUATION

ARE YOU CURRENTLY IN CRISIS MODE?

Are you at your emotional breaking point?

- YES → **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 productively. This skill is good for immediate but short term relief.
- NO → **Are you able to change the situation?**
  - YES → **Pros and Cons**
    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.
  - NO → **Do you need distractions from your emotions?**
    - YES → **ACCEPTS**
      Activities
      Contributing
      Comparisons
      Emotions
      Push Away
      Thoughts
      Sensation
      This skill helps you tolerate your distress until the appropriate time to resolve the situation.
      Self Soothe
      This skill can help you quickly reduce the intensity of a crisis situation by concentrating on your body's senses rather than the crisis. You can use vision, hearing, taste, feeling, smell, and/or movement.
    - NO → **Do you want to learn to tolerate your emotions?**
      - YES → **IMPROVE**
        Imagery
        Meaning
        Prayer
        Relaxation
        One thing in the moment
        Vacation
        Encouragement
        This skill helps you tolerate and improve emotions until the intensity subsides.
      - NO → **Would you like to keep suffering?**
        - YES → Keep doing what you are doing. *(aka keep being miserable)*
        - NO → **Radical Acceptance**
          Sometimes you will have an undesirable situation that won't change. You may not like it or approve of it, but accepting will allow peace to enter in and provide you with the space to move on. We all have choices, and it sometimes comes down to choosing whether or not we are going to accept the reality of our situation.
          Self Soothe
          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.
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- NOT RIGHT NOW → **Do you anticipate being in crisis in the near future?**
  - YES → **Pros and Cons**
    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.
    By practicing the skill of Pros and Cons, even while not in the midst of a crisis, will better help prepare you for when crisis does arrive. You'll see it start to become a natural skill you automatically do.
  - NO → **Do you ever have anxiety or stress?**
    - YES → **IMPROVE**
      Imagery
      Meaning
      Prayer
      Relaxation
      One thing in the moment
      Vacation
      Encouragement
      This skill helps you tolerate and improve emotions until the intensity subsides.
      Self Soothe
      By practicing this skill you can better prepare for when crisis happens in your life so that the intensity is not so strong. Concentrate on your body's senses such as vision, hearing, taste, feeling, smell, and/or movement.
    - NO → **Do you often make a decision on impulse and regret the outcome?**
      - YES → **Pros and Cons**
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      - NO → **Really? Are you sure?**
        - YES → You're deceiving yourself and should consult a therapist.
        - NO → **Pros and Cons**
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