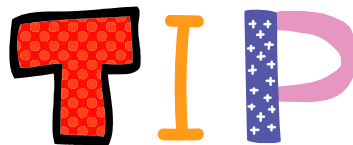


NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ CLASS: \_\_\_\_\_

## DISTRESS TOLERANCE SKILLS: **TIP** SKILLS FOR MANAGING EXTREME EMOTIONS



Practise each TIP skill at least one time. Prepare yourself to use this skill when emotional arousal gets very high.

Rate your emotional arousal before you use the skill, from 0 to 10.

Describe what exactly you did to practise the skill.

**T**

### TEMPERATURE:

Tipped the temperature of my face by splashing it with cold water or using ice for 30 secs.

**WARNING:** Not suitable for anyone with a heart condition.

Emotional Arousal before from 0-10 \_\_\_\_\_ Emotional Arousal afterwards from 0-10 \_\_\_\_\_

Distress Tolerance score afterwards (0 = I can definitely survive, 10 = I can't stand it) \_\_\_\_\_

What exactly I did (describe) \_\_\_\_\_

**I**

### INTENSE EXERCISE:

Exercised vigorously even if just for a few minutes to change my body chemistry.

Emotional Arousal before from 0-10 \_\_\_\_\_ Emotional Arousal afterwards from 0-10 \_\_\_\_\_

Distress Tolerance score afterwards (0 = I can definitely survive, 10 = I can't stand it) \_\_\_\_\_

What exactly I did (describe) \_\_\_\_\_

**P**

### PACED BREATHING:

Slowed down my breathing. Counted to 4 when inhaling and then up to 6 or 8 when exhaling.

Emotional Arousal before from 0-10 \_\_\_\_\_ Emotional Arousal afterwards from 0-10 \_\_\_\_\_

Distress Tolerance score afterwards (0 = I can definitely survive, 10 = I can't stand it) \_\_\_\_\_

What exactly I did (describe) \_\_\_\_\_

