

DBT Distress Tolerance Skills

The emphasis of DBT Distress Tolerance Skills is tolerating your emotions during a painful event, reducing impulsive behaviors during a crisis situation, and accepting the situation for what it is without struggling to change it.

STOP STOP – Helps you to make it through a crisis situation.

Stop – Stop! Freeze! Don't move a muscle! Don't just react. Your emotions may try to make you act without thinking. Stay in control!

Take a step back – Take a break. Let go. Take a deep breath. Don't let your feelings make you act impulsively.

Observe – Notice what is going on inside and outside you. What is the situation? What are your thoughts and feelings?

Proceed mindfully – Use Wise Mind to proceed with awareness. Consider your goals, your thoughts and feelings, the situation, and other people's thoughts and feelings.

TIPP – Helps you to deescalate at the height of the crisis.



Temperature Change – Face in cold water; cold shower; cold pack on your eyes and cheeks.



Intense Exercise – Running, jumping jacks, push-ups or sit-ups until you're tired.



Paced Breathing – Slow, deep breaths.



Progressive Muscle Relaxation – Tense and relax your muscles, tense for 3-5 seconds and relax for 3-5 seconds.

IMPROVE the moment – Helps to make the situation easier to deal with when you can't escape.

Imagery – Visualize a relaxing place.

Meaning – Make meaning from the difficult situation.

Prayer – Pray to something greater, and ask for strength to bear the pain.

Relaxation – Do a relaxing activity.

One thing in the moment – Focus your entire attention on just what you are doing right now.

Vacation – Take a brief mental vacation.

Encouragement – Remind yourself, "I CAN stand it," "It won't last forever," "I will make it out of this."

SELF-SOOTHE with the Six Senses

Vision – Notice what you see.

Hearing – Pay attention to what you can hear around you.

Taste – Carefully savor flavors that the day brings you.

Smell – Be aware of good fragrances throughout the day.

Touch – Notice touch that is soothing.

Movement – Release energy and emotions through movement.



ACCEPTS – Helps you distract yourself from distressing emotions until they pass.

Activities – Do an activity that requires thought and concentration.

Contributing – Do something that allows you to focus on doing something nice for someone else.

Comparisons – Compare yourself to those less fortunate. Compare how you are feeling now to a time you were feeling worse.

Emotions – Create a new emotion that will compete with your distressing emotion.

Pushing away – Push the painful situation out of your mind temporarily.

Thoughts – Use a mental strategy or an activity to shift your thoughts to something neutral.

Sensations – Find safe physical sensations to distract you from distressing emotions.

RADICAL ACCEPTANCE

Radical acceptance is the skill of accepting the things you cannot change. Practice saying Radical Acceptance Coping Statements such as:

"It is what it is."
"I can't change what's already happened."
"It's no use fighting the past."
"Everything happens for a reason."



Half smile & Willing Hands



Accept reality and decrease anger by changing your posture. Relax your face, turn the corners of your mouth up just enough that you feel it. Relax your shoulders and hands, palms up inviting good things to come your way.