

# DISTRESS TOLERANCE HANDOUT 9



([Distress Tolerance Worksheets 7, 7a, 7b](#))

## Improving the Moment

A way to remember these skills is the word **IMPROVE**.

### With Imagery:

- Imagine very relaxing scenes.
  - Imagine a secret room within yourself. Furnish it the way you like. Close and lock the door on anything that can hurt you.
  - Imagine everything going well.
  - Make up a calming fantasy world.
- Imagine hurtful emotions draining out of you like water out of a pipe.
  - Remember a happy time and imagine yourself in it again; play out the time in your mind again.
  - Other: \_\_\_\_\_

### With Meaning:

- Find purpose or meaning in a painful situation.
  - Focus on whatever positive aspects of a painful situation you can find.
  - Repeat these positive aspects in your mind.
- Remember, listen to, or read about spiritual values.
  - Other: \_\_\_\_\_

### With Prayer:

- Open your heart to a supreme being, God, or your own Wise Mind.
  - Ask for strength to bear the pain.
- Turn things over to God or a higher being.
  - Other: \_\_\_\_\_

### With Relaxing actions:

- Take a hot bath or sit in a hot tub.
  - Drink hot milk.
  - Massage your neck and scalp.
  - Practice yoga or other stretching.
- Breathe deeply.
  - Change your facial expression.
  - Other: \_\_\_\_\_

### With One thing in the moment:

- Focus your entire attention on just what you are doing.
  - Keep yourself in the moment.
  - Put your mind in the present.
- Focus your entire attention on the physical
  - Listen to a sensory awareness recording (or use Distress Tolerance Handout 9a)
  - Other: \_\_\_\_\_

### With a brief Vacation:

- Give yourself a brief vacation.
  - Get in bed; pull the covers up over your head.
  - Go to the beach or the woods for the day.
  - Get a magazine and read it with chocolates.
  - Turn off your phone for a day.
- Take a blanket to the park and sit on it for a whole afternoon.
  - Take a 1-hour breather from hard work.
  - Take a brief vacation from responsibility.
  - Other: \_\_\_\_\_

### With self-Encouragement and rethinking the situation:

- Cheerlead yourself: "You go, girl!" "You da man!"
  - "I will make it out of this."
  - "I'm doing the best I can."
  - Repeat over and over: "I can stand it."
- "This too shall pass."
  - "I will be OK."
  - "It won't last forever."
  - Other: \_\_\_\_\_

List (and then practice) rethoughts that are particularly important in your crisis situations (e.g., "The fact that he did not pick me up doesn't mean he doesn't love me"):

- \_\_\_\_\_

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