

DISTRESS TOLERANCE WORKSHEET 4

([Distress Tolerance Handouts 6, 6a, 6b](#))

Changing Body Chemistry with TIP Skills

Due Date: _____ Name: _____ Week Starting: _____

Describe the situation you were in when you chose to practice each skill. Rate both your emotional arousal and distress tolerance before and after using the TIP skill. Describe what you actually did. Use the back of this sheet if necessary.

CHANGING MY FACIAL TEMPERATURE

Used cold water to change emotions

TSituation: _____

Arousal (0–100) Before: _____ After: _____

Distress tolerance (0 = I can't stand it; 100 = I can definitely survive) Before: _____ After: _____

What I did (describe): _____

INTENSE EXERCISE

ISituation: _____

Arousal (0–100) Before: _____ After: _____

Distress tolerance (0 = I can't stand it; 100 = I can definitely survive) Before: _____ After: _____

What I did (describe): _____

PACED BREATHING

PSituation: _____

Arousal (0–100) Before: _____ After: _____

Distress tolerance (0 = I can't stand it; 100 = I can definitely survive) Before: _____ After: _____

What I did (describe): _____

PAIRED MUSCLE RELAXATION

PSituation: _____

Arousal (0–100) Before: _____ After: _____

Distress tolerance (0 = I can't stand it; 100 = I can definitely survive) Before: _____ After: _____

What I did (describe): _____