

DISTRESS TOLERANCE WORKSHEET 1

([Distress Tolerance Handouts 2–9a](#))

Crisis Survival Skills

Due Date: _____ Name: _____ Week Starting: _____

Practice your crisis survival skills at least twice. Describe the crisis event; check off which skills you used for that event; and then describe how you used the skill and what happened.

CRISIS EVENT 1: Rate level of distress (0–100) Before: _____ After: _____

Prompting event for my distress (who, what, when, where): What triggered the state of crisis?

- STOP**
- Pros and cons**
- TIP**
- Distract with ACCEPTS**
- Self-soothe**
- IMPROVE the moment**

At left, check the skills you used, and describe here:

Describe the outcome of using skills:

Circle a number to indicate how effective the skills were in helping you tolerate the distress and cope with the situation (keeping you from doing something to make the situation worse). Use the following scale:

I still couldn't stand
the situation, even
for one more minute.

1

2

I was able to cope somewhat,
at least for a little while.
It helped somewhat.

3

4

I could use skills,
tolerated distress, and
resisted problem urges.

5

CRISIS EVENT 2: Rate level of distress (0–100) Before: _____ After: _____

Prompting event for my distress (who, what, when, where): What triggered the state of crisis?

- STOP**
- Pros and cons**
- TIP**
- Distract with ACCEPTS**
- Self-soothe**
- IMPROVE the moment**

At left, check the skills you used, and describe here:

Describe the outcome of using skills:

Circle effectiveness of skills:

I still couldn't stand
the situation, even
for one more minute.

1

2

I was able to cope somewhat,
at least for a little while.
It helped somewhat.

3

4

I could use skills,
tolerated distress, and
resisted problem urges.

5

DISTRESS TOLERANCE WORKSHEET 1A

(Distress Tolerance Handouts 2–9a)

Crisis Survival Skills

Name: _____ Week Starting: _____

Practice each crisis survival skill twice, and describe your experience as follows:

		Amount of time practicing skill?	Rate before/after skill use			
			Your level of distress tolerance (0 = I can't stand it; 5 = I can definitely survive)	Negative emotion intensity (0–100)	Positive emotion intensity (0–100)	Emotion
When did you practice this skill, and what did you do to practice?	What was the crisis (what prompted needing the skill)?		/	/	/	/
Stop:			/	/	/	/
Pros and cons:			/	/	/	/
TIP:			/	/	/	/
Distract with ACCEPTS:			/	/	/	/
Self-soothe:			/	/	/	/
IMPROVE the moment:			/	/	/	/

Adapted from an unpublished worksheet by Seth Axelrod, with his permission.

From *DBT Skills Training Handouts and Worksheets, Second Edition*, by Marsha M. Linehan. Copyright 2015 by Marsha M. Linehan. Permission to photocopy this worksheet is granted to purchasers of *DBT Skills Training Handouts and Worksheets, Second Edition*, and *DBT Skills Training Manual, Second Edition*, for personal use and use with individual clients only. (See page ii of this packet for details.)