

# DISTRESS TOLERANCE WORKSHEET 11

(Distress Tolerance Handouts 14, 14a)

## Half-Smiling and Willing Hands

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Describe your practice with half-smiling and willing hands this past week. Practice each day at least once. Practice both when you are not emotionally distressed and when you are distressed.

Check off any of the following exercises that you did.

- 1. Half-smiled when I first woke up in the morning.
- 2. Half-smiled during my free moments.
- 3. Half-smiled with willing hands while I was listening to music.
- 4. Half-smiled with willing hands when I was irritated.
- 5. Half-smiled in a lying-down position.
- 6. Half-smiled in a sitting position.
- 7. Half-smiled when I was walking down the street.
- 8. Half-smiled with willing hands when my feelings were hurt.
- 9. Half-smiled with willing hands when I did not want to accept something.
- 10. Half-smiled with willing hands when I started getting really angry.
- 11. Half-smiled when I had negative thoughts.
- 12. Half-smiled when I couldn't sleep.
- 13. Half-smiled with another person.
- 14. Other: \_\_\_\_\_

Describe practicing half-smiling and willing hands.

1. Situation: \_\_\_\_\_

Describe strategies you used or give numbers from above: \_\_\_\_\_

Circle how effective this was at helping you be more mindful and less reactive:

1 <i>Not effective</i>	2	3 <i>Somewhat effective</i>	4	5 <i>Very effective</i>
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2. Situation: \_\_\_\_\_

Describe strategies you used or give numbers from above: \_\_\_\_\_

Circle how effective this was at helping you be more mindful and less reactive:

1 <i>Not effective</i>	2	3 <i>Somewhat effective</i>	4	5 <i>Very effective</i>
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3. Situation: \_\_\_\_\_

Describe strategies you used or give numbers from above: \_\_\_\_\_

Circle how effective this was at helping you be more mindful and less reactive:

1 <i>Not effective</i>	2	3 <i>Somewhat effective</i>	4	5 <i>Very effective</i>
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