

# 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

**T** Situation: \_\_\_\_\_  
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

**I** Situation: \_\_\_\_\_  
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

**P** Situation: \_\_\_\_\_  
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

Situation: \_\_\_\_\_  
Arousal (0–100) Before: \_\_\_\_\_ After: \_\_\_\_\_  
Distress tolerance (0 = I can't stand it; 100 = I can definitely survive) Before: \_\_\_\_\_ After: \_\_\_\_\_  
What I did (describe): \_\_\_\_\_  
\_\_\_\_\_