

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:

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

With Meaning:

- | | |
|--|---|
| <input type="checkbox"/> Find purpose or meaning in a painful situation. | <input type="checkbox"/> Remember, listen to, or read about spiritual values. |
| <input type="checkbox"/> Focus on whatever positive aspects of a painful situation you can find. | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Repeat these positive aspects in your mind. | |

With Prayer:

- | | |
|--|---|
| <input type="checkbox"/> Open your heart to a supreme being, God, or your own Wise Mind. | <input type="checkbox"/> Turn things over to God or a higher being. |
| <input type="checkbox"/> Ask for strength to bear the pain. | <input type="checkbox"/> Other: _____ |

With Relaxing actions:

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|---|---|
| <input type="checkbox"/> Take a hot bath or sit in a hot tub. | <input type="checkbox"/> Breathe deeply. |
| <input type="checkbox"/> Drink hot milk. | <input type="checkbox"/> Change your facial expression. |
| <input type="checkbox"/> Massage your neck and scalp. | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Practice yoga or other stretching. | |

With One thing in the moment:

- | | |
|--|---|
| <input type="checkbox"/> Focus your entire attention on just what you are doing. | <input type="checkbox"/> Focus your entire attention on the physical |
| <input type="checkbox"/> Keep yourself in the moment. | <input type="checkbox"/> Listen to a sensory awareness recording (or use Distress Tolerance Handout 9a) |
| <input type="checkbox"/> Put your mind in the present. | <input type="checkbox"/> Other: _____ |

With a brief Vacation:

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

With self-Encouragement and rethinking the situation:

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|--|---|
| <input type="checkbox"/> Cheerlead yourself: "You go, girl!" "You da man!" | <input type="checkbox"/> "This too shall pass." |
| <input type="checkbox"/> "I will make it out of this." | <input type="checkbox"/> "I will be OK." |
| <input type="checkbox"/> "I'm doing the best I can." | <input type="checkbox"/> "It won't last forever." |
| <input type="checkbox"/> Repeat over and over: "I can stand it." | <input type="checkbox"/> 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");

☐ _____ ☐ _____

DISTRESS TOLERANCE HANDOUT 9A

Sensory Awareness, Step by Step

Find a comfortable position. Staying in this position, listen to the questions below, listening for your response after each question. If you do not have a recording of these questions, you can make one for yourself (or ask a friend to make one), recording each question with about 5 seconds between each question.

1. Can you feel your hair touching your head?
2. Can you feel your belly rising and falling as you breathe?
3. Can you feel the space between your eyes?
4. Can you feel the distance between your ears?
5. Can you feel your breath touching the back of your eyes while you inhale?
6. Can you picture something far away?
7. Can you notice your arms touching your body?
8. Can you feel the bottoms of your feet?
9. Can you imagine a beautiful day at the beach?
10. Can you notice the space within your mouth?
11. Can you notice the position of your tongue in your mouth?
12. Can you feel a breeze against your cheek?
13. Can you feel how one arm is heavier than the other?
14. Can you feel a tingling or numbness in one hand?
15. Can you feel how one arm is more relaxed than the other?
16. Can you feel a change in the temperature in the air around you?
17. Can you feel how your left arm is warmer than the right?
18. Can you imagine how it would feel to be a rag doll?
19. Can you notice any tightness in your left forearm?
20. Can you imagine something very pleasant?
21. Can you imagine what it would feel like to float on a cloud?
22. Can you imagine what it would feel like to be stuck in molasses?
23. Can you picture something far away?
24. Can you feel a heaviness in your legs?
25. Can you imagine floating in warm water?
26. Can you notice your body hanging on your bones?
27. Can you allow yourself to drift lazily?
28. Can you feel your face getting soft?
29. Can you imagine a beautiful flower?
30. Can you feel how one arm and leg are heavier than the other?

Note. Items 29 and 30 are adapted from Goldfried, M. R., & Davison, G. C. (1976). *Clinical behavior therapy*. New York: Holt, Rinehart & Winston. Copyright 1976 by Marvin R. Goldfried and Gerald C. Davison. Adapted by permission of the authors.

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