

# DISTRESS TOLERANCE

## AKA Crisis Survival Skills

A person's ability to manage an emotional incident without feeling overwhelmed, the ability to accept oneself and the current situation without evaluating or judging

### Radical Acceptance

*When you cannot avoid painful events and emotions*

Remember:

- Rejecting reality does not change reality
- Rejecting reality turns pain into suffering

Practice acceptance coping statements like:

- "I cannot change what has happened."
- "This feeling will pass."
- "This situation is temporary"

### TIP Skills

*To calm down fast*

**T  
I  
P**

Tip the temperature of your face with cold water or ice  
Intense exercise

Paced breathing - slow your pace of inhaling & exhaling  
Paired muscle relaxation - breathe deep and tense your muscles, breath out and release the tension

### STOP Skill

*To help you get through a stressful situation*

**S  
T  
O  
P**

Stop - do not just react

Take a step back

Observe what is going on inside and outside you

Proceed mindfully - act with awareness of your and other's thoughts and feelings

### ACCEPTS Skills

*To distract yourself until the intensity subsides*

**A  
C  
C  
E  
P  
T  
S**

Activities that require concentration

Contributing to someone or something other than yourself  
Comparison to something worse

Emotions - do something to create a competing emotion  
Pushing away the painful thoughts temporarily

Thoughts - count to 10, recite a poem, read a book

Sensations - hold an ice cube, eat something sour

# Difficulty Of Tolerance

**Thomas Griffiths**



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