

IMPROVE THE MOMENT

Core DBT Distress Tolerance Concept

WHAT IS IT?

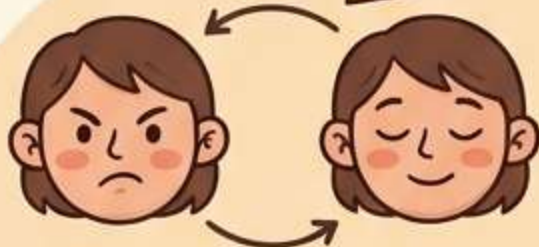
• Distress Tolerance Skill



Make Painful Moments More Manageable.



THE GOAL



Change How You
EXPERIENCE
The Moment



DOES NOT Change
The External Situation

HOW TO USE



Imagery



Meaning



Relaxing

Eighttting



Choose the part that
FITS THE SITUATION

**NOT A SEQUENTIAL
CHECKLIST!**

Use Only One or
Two Skills

