

# TIPP SKILLS WORKSHEET TRACKER



**TEMPERATURE**  
(Brief Change)

Example:  
Cool water on face  
(If medically safe)



**INTENSE EXERCISE**  
(Short, Vigorous Activity)

Example: Short  
burst of activity.  
Goal: Shift activation,  
not exhaustion



**PACED BREATHING**  
(Slow Exhale)

Example: Inhale 4s,  
Exhale 6s.  
Focus on longer,  
gentle exhale



**PAIRED MUSCLE  
RELAXATION**  
(Tense & Release)

Example: Tense,  
then release.  
Note contrast between  
tension/relaxation

| DATE | TIME | EMOTIONAL<br>INTENSITY<br>(BEFORE TIPP - 1-10) | SKILL(S)<br>TRIED<br>(Circle: T, I, P, P) | EMOTIONAL<br>INTENSITY<br>(AFTER TIPP - 1-10) | USEFULNESS &<br>SENSATIONS NOTES |
|------|------|------------------------------------------------|-------------------------------------------|-----------------------------------------------|----------------------------------|
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |
|      |      |                                                | TIPP                                      |                                               |                                  |



**REFLECT &  
RECORD**



**USE AS CRISIS  
STRATEGY**

