

# TIPP Worksheet

## Playfair Display



SITUATION or TRIGGER ⚡?

.....

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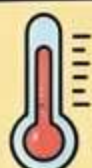


EMOTION & PHYSICAL SENSATIONS



.....

.....



DISTRESS LEVEL (BEFORE)

1 1 2 3 4 5 6 7 8 9 10



TIPP SKILL SELECTED



Temperature



Intense  
Exercise



Paired Muscle  
Relaxation



.....



PRACTICE DURATION

.....



DISTRESS LEVEL (AFTER)

1 2 3 4 5 6 7 8 9 10



WHAT CHANGED? (Body or Thoughts)



.....

.....

RE-USE SKILL?



WHAT WOULD YOU CHANGE NEXT TIME?

.....

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