



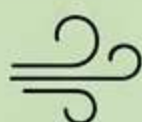
DBT Distress Tolerance Skills



STOP



Stop
Take a step back
Observe
Proceed mindfully



Pause! Deep Breath! Plan!

TIPP



Temperature
Intense Exercise
Paced Breathing
Paired Muscle Relaxation



Splash face!



Walk fast!



Exhale slowly!



Unclench jaw!

A.C.C.E.P.T.S.

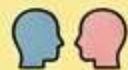
Activities Contributing Comparisons



Play a game



Help a friend



Think of harder times



Pushing away



Change perspective



Sensations



Visualize a safe place



Count items



Stretch

Self-Soothing (Senses)



Smell incense



Touch soft blanket



See a nice photo



Listen to music



Taste a treat



Relax

I.M.P.R.O.V.E.

Imagery, Meaning, Prayer, Relaxation



Visualize good place



Find a reason



Ask for help



Mindful task



Vacation



Gentle stretch



Take a mental break



Mindful task



Cheer yourself on

Reality-Acceptance (Radical Acceptance)

Accept the moment

Don't fight fact



Turn mind

Open posture

'This is what it is'

