# Skills for Times of Crisis

<table>
<thead>
<tr>
<th>Goal</th>
<th>Skill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decrease Labile Affect and/or Excessive Anger</td>
<td>Emotion Regulation</td>
</tr>
<tr>
<td>Decrease Impulsive Behaviors, Suicide threats, and/or Intentional Self-Harm</td>
<td>Distress Tolerance</td>
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Distress Tolerance Skills are for tolerating painful events, urges and emotions when you cannot make things better right away, without resorting to actions or behaviors that are damaging to yourself or others.

1. **TIP your body chemistry**
   - **T** = Temperature (use ice or warmth to change body temperature)
   - **I** = Intense exercise
   - **P** = Progressive Relaxation

2. **Pros and Cons (What are the pros and cons of tolerating distress)**

<table>
<thead>
<tr>
<th>Tolerating Distress</th>
<th>NOT Tolerating Distress</th>
</tr>
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<tbody>
<tr>
<td>Pros</td>
<td></td>
</tr>
<tr>
<td>Cons</td>
<td></td>
</tr>
</tbody>
</table>

3. **Self-Soothe the Five Senses**
   - plan ahead and identify something for each sense

<table>
<thead>
<tr>
<th>Vision</th>
<th>Hearing</th>
<th>Smell</th>
<th>Taste</th>
<th>Touch</th>
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4. **Improve the Moment**

<table>
<thead>
<tr>
<th>Imagery</th>
<th>Meaning</th>
<th>Prayer</th>
<th>Relaxing Actions</th>
<th>One Thing at a Time</th>
<th>Vacation</th>
<th>Self-Encouragement</th>
</tr>
</thead>
</table>
5. Distracting
   Activities
   Contributing/helping others
   Comparisons
   (other) Emotions
   Pushing away (thoughts)
   Thoughts (find problem solving to focus on)
   Sensations (Self-soothing, TIP)

6. Mindfulness and Acceptance
   • Mindfulness of Emotions
   • Acceptance of Reality
     o This is not resignation, defining self by one’s limitations,
       withdrawal from problem solving, passivity, self-indulgence,
       or approval
     o This is seeing clearly how things are, facing difficulty and
       naming what is true

Four Solutions to a Problem:
   • Solve the Problem
   • Feel Better about the Problem
   • Tolerate the Problem
   • Stay Miserable