

## Skills for Times of Crisis

Goal	Skill
Decrease Labile Affect and/or Excessive Anger	Emotion Regulation
Decrease Impulsive Behaviors, Suicide threats, and/or Intentional Self-Harm	Distress Tolerance

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)

	Tolerating Distress	NOT Tolerating Distress
Pros		
Cons		

### 3 Self-Soothe the Five Senses

– plan ahead and identify something for each sense

Vision	
Hearing	
Smell	
Taste	
Touch	

### 4. Improve the Moment

Imagery	
Meaning	
Prayer	
Relaxing Actions	
One Thing at a Time	
Vacation	
Self-Encouragement	

5. Distracting

**A**ctivities

**C**ontributing/helping others

**C**omparisons

(other) **E**motions

**P**ushing away (thoughts)

**T**houghts (find problem solving to focus on)

**S**ensations (Self-soothing, TIP)

6. Mindfulness and Acceptance

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

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Four Solutions to a Problem:

- Solve the Problem
- Feel Better about the Problem
- Tolerate the Problem
- Stay Miserable