

Distraction as Distress Tolerance DBT Worksheet

Client's Name:

Age:

Identified Distress:

Instructions:

Distraction is a valuable skill in Dialectical Behavior Therapy (DBT) that can help you manage distressing emotions and situations. This worksheet is designed to guide you through the process of using distraction as a distress tolerance technique. Follow the steps below to implement distraction in times of distress effectively.

Step 1: Identify the Distress

Identify the specific emotion or situation that is causing you distress. Describe it briefly:

Step 2: Choose a Distraction Technique

Select a distraction technique from the list below that resonates with you. If one technique doesn't work, feel free to try another.

1. **Mindful Coloring:** Engage in coloring intricate patterns or images, focusing on the colors and movements.
2. **Music Escape:** Listen to calming or uplifting music that helps shift your focus away from the distressing emotion.
3. **Puzzle Solving:** Engage in puzzles, crosswords, or Sudoku to divert your mind from distress.
4. **Engage Your Senses:** Explore sensory experiences like taking a warm bath, savoring a favorite snack, or feeling the texture of different fabrics.
5. **Nature Connection:** Spend time in nature, whether taking a walk, gazing at the sky, or observing plants and animals.
6. **Breathing Exercises:** Practice deep breathing techniques to calm your body and mind.
7. **Positive Self-Talk:** Repeat positive affirmations or reassuring statements to yourself.
8. **Reading or Writing:** Read a book magazine or write in a journal to immerse yourself in words.
9. **Creative Expression:** Engage in creative activities such as drawing, painting, or crafting.
10. **Physical Activity:** Perform light exercises, stretching, or yoga to release physical tension and shift your focus.

Step 3: Implement the Chosen Technique

Describe how you will implement the chosen distraction technique:

Step 4: Set a Time Limit

Determine how long you will engage in the distraction technique. Start with a manageable timeframe (e.g., 10-15 minutes) and adjust as needed:

Step 5: Observe Your Experience

After engaging in the distraction technique, take a moment to observe how you feel. Rate your distress level on a scale of 1 to 10, with 1 being minimal distress and 10 being extreme distress:

Step 6: Reflect and Learn

Reflect on your experience using this distraction technique. Did it effectively reduce your distress? Were there any challenges or unexpected outcomes? What did you learn from this experience that you can use in the future?

Step 7: Build a Distraction Toolbox

Compile a list of distraction techniques that work well for you. This will become your "Distraction Toolbox" to use whenever distress arises.

Distraction Technique	How to Implement	Time Limit	Effectiveness (1-10)