

Distress Tolerance Skills

Client Information

Name:

Date of Birth:

Gender:

Address:

Phone Number:

Email Address:

Date of Consultation:

Grounding Techniques:

1. Name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
2. Take slow, deep breaths while focusing on the sensation of your breath entering and leaving your body.
3. Engage your senses by holding an ice cube, smelling a soothing scent, or listening to calming music.

Reflection:

Self-Soothing Strategies:

1. Create a self-care routine that includes activities you enjoy, such as taking a warm bath, reading a book, or engaging in a hobby.
2. Use comforting objects, like a soft blanket or stuffed animal, to provide security and comfort.
3. Practice positive self-talk and affirmations to reassure and support yourself during challenging moments.

Reflection:

Mindfulness Practices:

1. Practice mindful meditation by focusing on the present moment, and observing your thoughts and emotions without judgment.
2. Engage in mindful eating, savoring each bite and noticing the flavors, textures, and sensations.
3. Take a mindful walk, paying attention to the sights, sounds, and sensations around you.

Reflection:

Distraction Techniques:

1. Engage in activities that capture your attention, such as solving puzzles, listening to uplifting music, or watching a funny video.
2. Start a creative project, such as painting, writing, or crafting, to divert your focus from distressing thoughts.
3. Reach out to a friend or loved one and engage in a conversation or shared activity.

Reflection:

Acceptance and Radical Acceptance:

1. Acknowledge and accept your emotions without judgment, understanding they are valid and temporary.

2. Practice radical acceptance by acknowledging that some situations are beyond your control and focusing on adapting to them.

3. Use positive affirmations and reminders to reinforce accepting what you cannot change.

Reflection: