

Pros and Cons DBT Worksheet (Distress Tolerance)

Name:

Date:

Dialectical Behavior Therapy (DBT) incorporates distress tolerance as a fundamental element. It encompasses the capacity to endure and overcome intense emotional states while managing challenging situations in a constructive and efficient manner.

The pros and cons worksheet examines the advantages and disadvantages of tolerating distress compared to the benefits and drawbacks of not tolerating it. Reflect on a situation that causes distress and complete the form below by outlining the outcomes of choosing to tolerate the distress and the outcomes of not tolerating it.

Situation:

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TOLERATING THE DISTRESS		
Action	Pros	Cons
NOT TOLERATING THE DISTRESS		

NOT TOLERATING THE DISTRESS		
Action	Pros	Cons

Reflections

Which outcomes carry more weight for you: the potential benefits of tolerating the distressful situation or the potential drawbacks of not tolerating it?

How might choosing to tolerate the distressful situation affect your emotional well-being?

How might choosing not to tolerate the distressful situation impact your relationships with others?

Are there any alternative approaches to managing the distressful situation that you could consider?