

TIPP DBT Worksheet

Name:

Date:

TIPP is an acronym that stands for Temperature, Intense Exercise, Paced Breathing, and Paired Muscle Relaxation. It is an emotion regulation skill taught in Dialectical Behavior Therapy (DBT), a type of cognitive-behavioral therapy. DBT is often used to treat individuals struggling with intense emotions, self-destructive behaviors, and difficulties in interpersonal relationships, especially those with borderline personality disorder (BPD).

The TIPP Technique

T - Temperature

- **Take a Cold Shower:** Immerse your face in cold water or take a cold shower for 30 seconds to activate your body's "dive reflex," which can help reduce emotional intensity.

I - Intense Exercise

- **Engage in Intense Exercise:** Do a burst of high-intensity exercise for a short period, such as running in place or doing jumping jacks, to help release excess energy and reduce emotional distress.

P - Paced Breathing

- **Practice Paced Breathing:** Breathe in for a count of 4, hold for a count of 4, and exhale for a count of 6. This can help activate the body's relaxation response and bring down emotional intensity.

P - Paired Muscle Relaxation

- **Do Paired Muscle Relaxation:** Tense and then relax different muscle groups in your body, focusing on the contrast between tension and relaxation. This can help release physical tension associated with intense emotions.

Situation or trigger

Describe the situation or trigger that led to the intense emotional response.

Emotion(s) experienced:

List the specific emotions you experienced in this situation.

Level of distress (0-10)

Rate your level of distress or emotional intensity on a scale from 0 (no distress) to 10 (maximum distress).

Post-TIPP distress level (0-10)

Rate your level of distress after using the TIPP technique(s).

Reflection

Reflect on how effective the TIPP technique(s) were in reducing your emotional distress. Were there any challenges or insights gained from using this technique? How might you adjust your approach in the future?

Additional notes